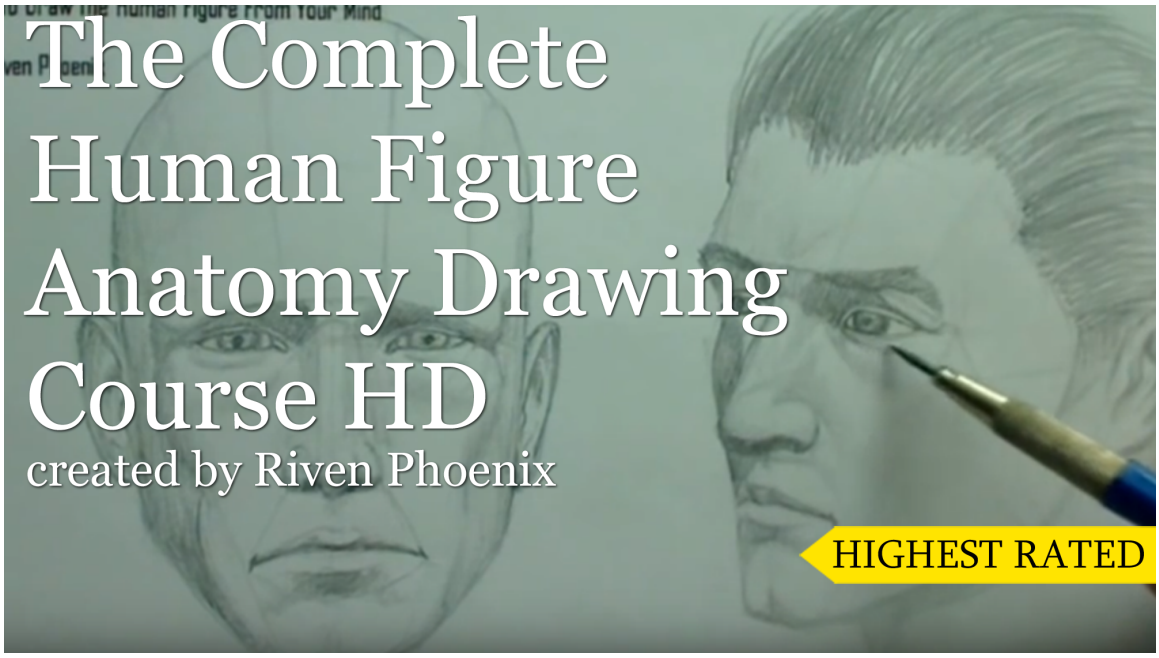


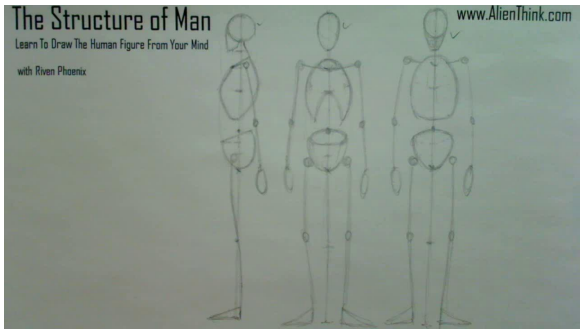
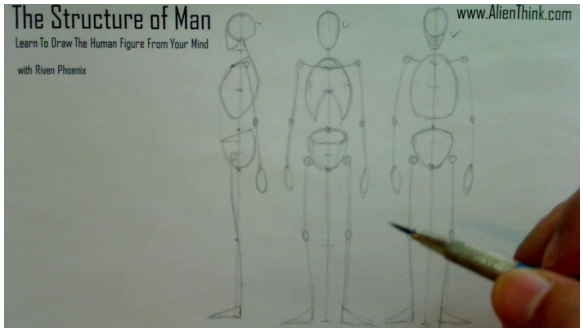
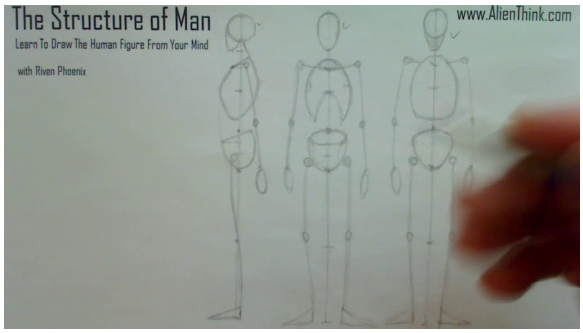
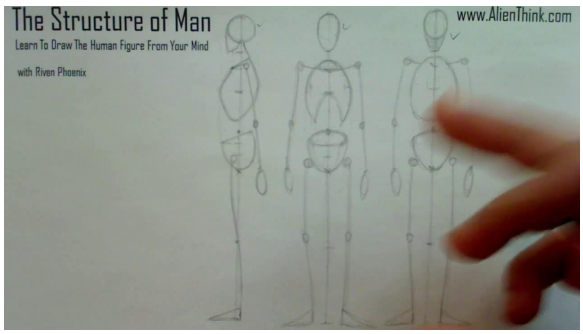
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

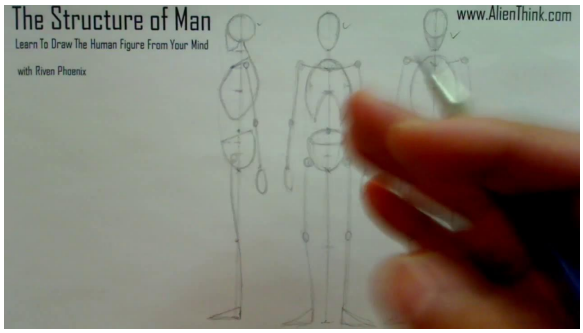
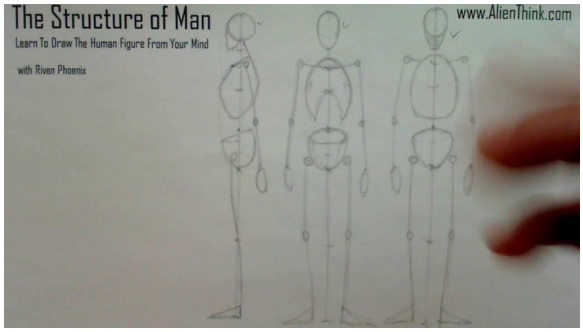
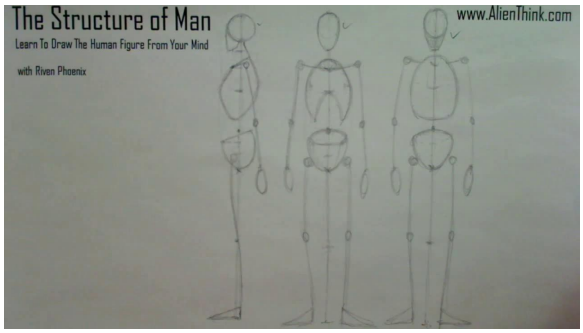
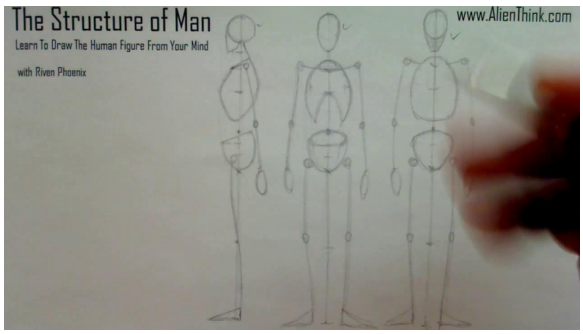
www.alienthink.com

Figure Drawing Lesson 006 - The birth of discovery

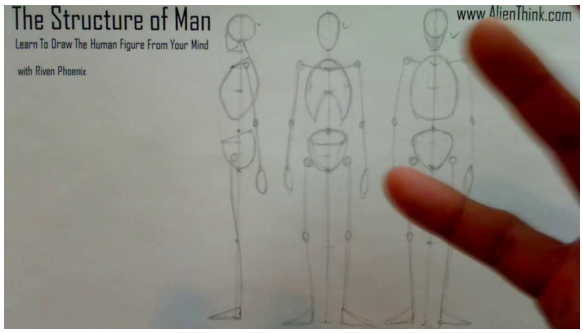
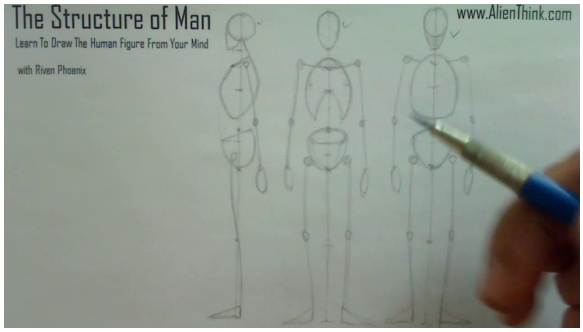
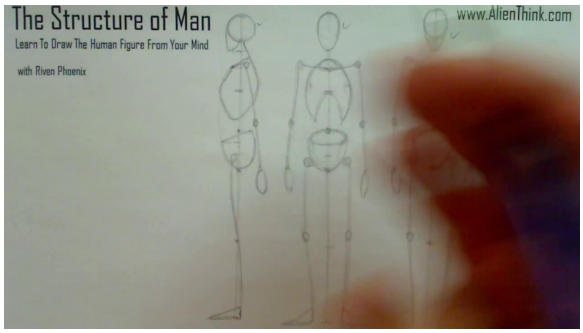
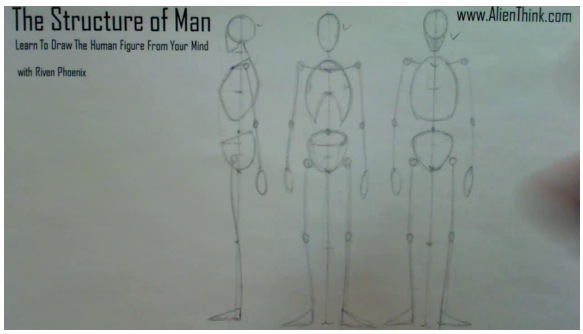
2026 Riven Phoenix and AlienThink.com

1		Hey guys, welcome to the structure of man learn to draw the human figure from your mind
2		figure training course.
3		So in the previous lesson we went through this process of proving that all the hard work
4		that we've been doing has really paid off because we proved it onto paper and that

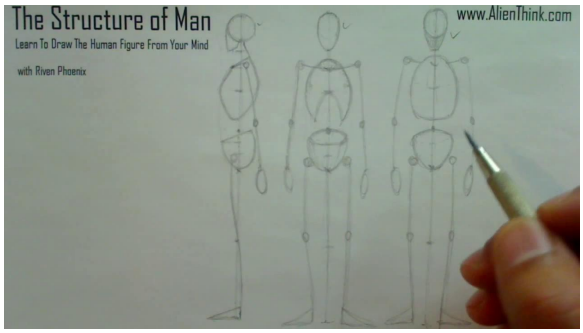
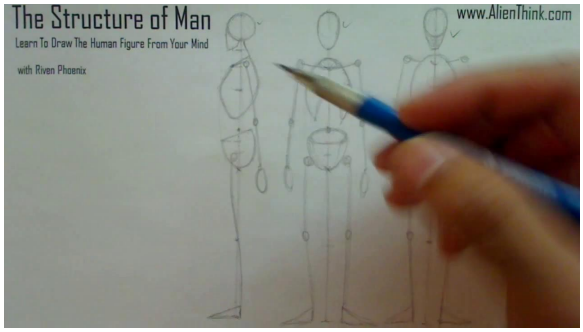
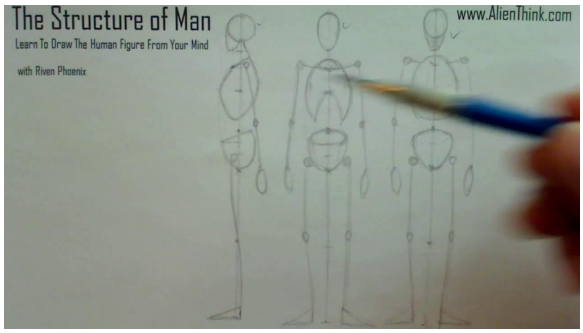
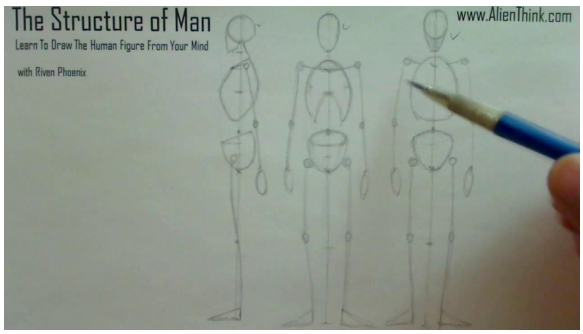
2026 Riven Phoenix and AlienThink.com

5		is the most important part of figure drawing is to prove that what you are trying to
6		understand using these ideas of artistic thinking is really working.
7		Okay, so since we've now done this what we need to do now is obviously go through a process
8		and this is really what I call this is where we're going to go through this very pivotal

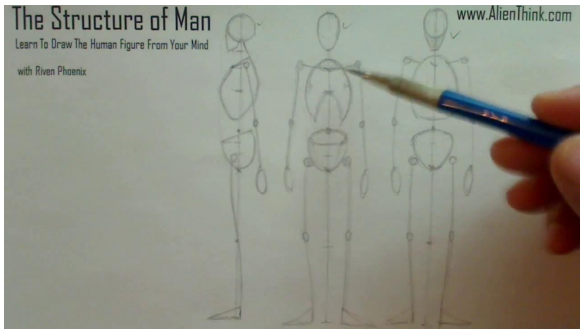
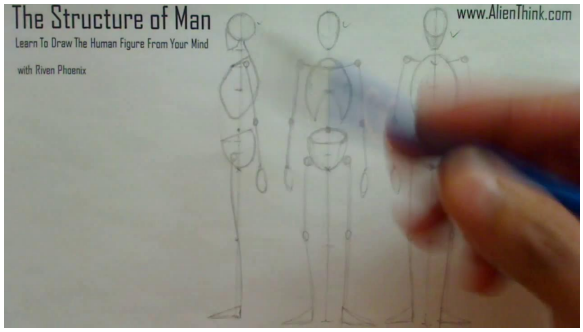
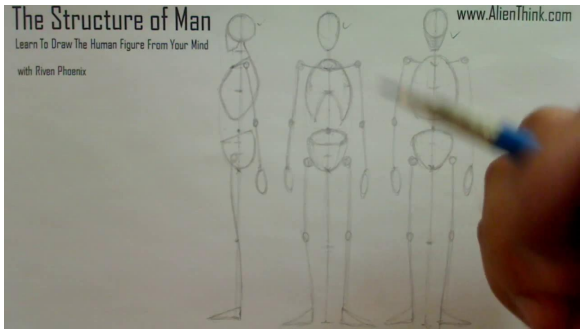
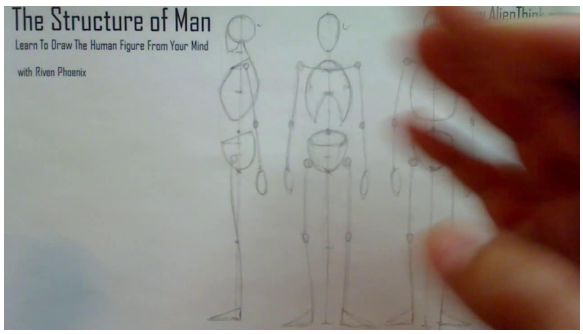
2026 Riven Phoenix and AlienThink.com

9		moment in the structure of man where you will begin to see as to how we will develop
10		the understanding of the entire skeleton structure, right?
11		So it's really the story of figure drawing that we're going through that we're putting
12		inside the mind as to how it understood the complete concept of the figure that we

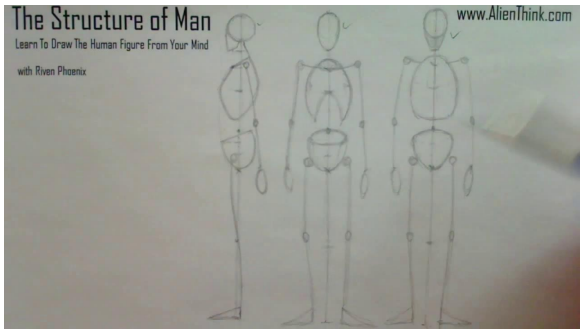
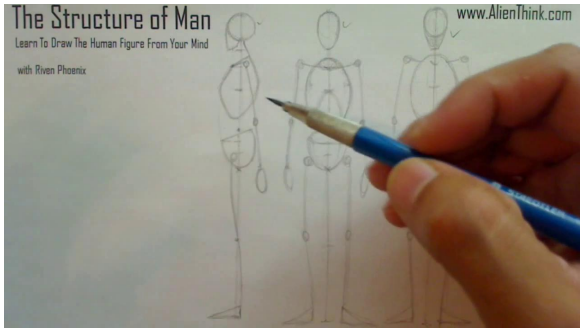
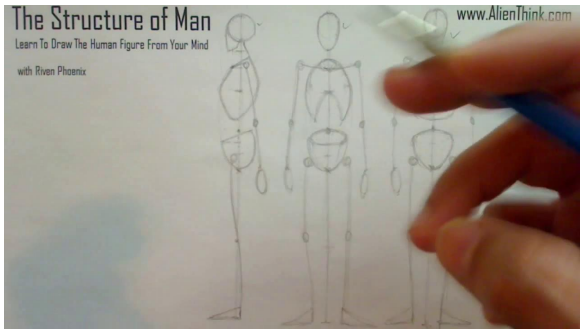
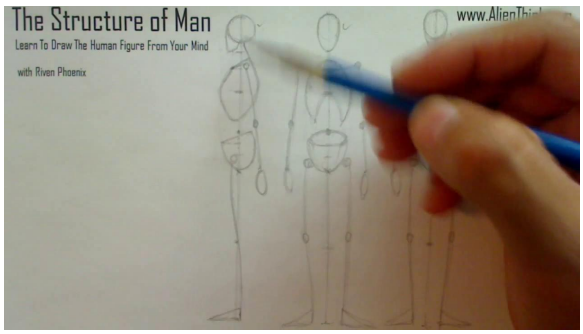
2026 Riven Phoenix and AlienThink.com

13		created from scratch in a 3D form.
14		So what we have to do now is understand how do we draw this in a 3-fourth view, right?
15		So to do that, here I'm going to show you just the first fundamental concepts of formulas,
16		right?

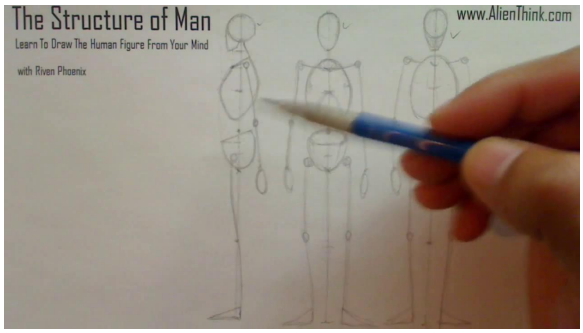
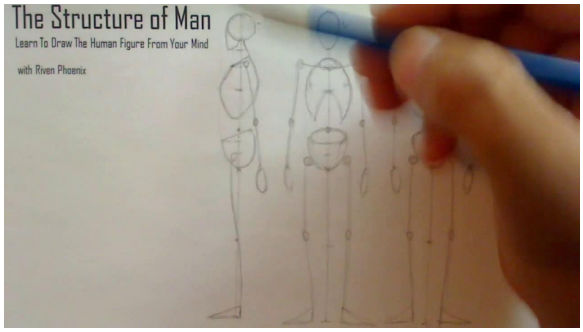
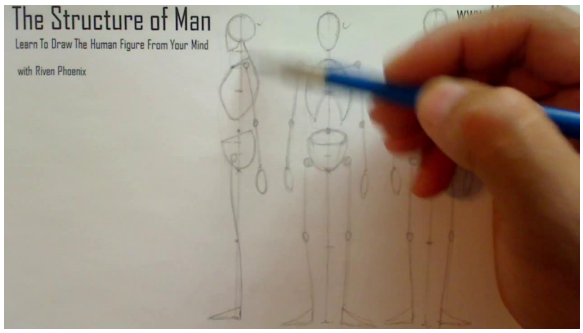
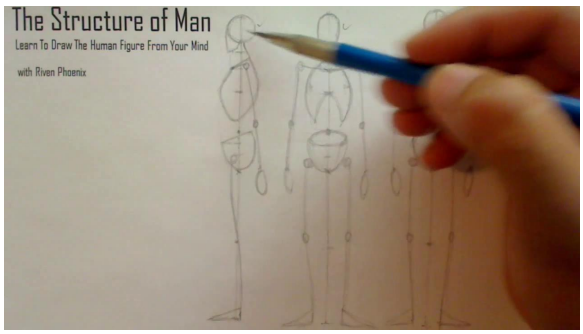
2026 Riven Phoenix and AlienThink.com

17		What I just, what we went through are the basic rules and formulas that we created, but
18		now we need to understand how can we use the power of formulas to help the mind understand
19		really in a very simple and detailed way.
20		So when it draws something in 3D, something like this, so it draws it correctly.

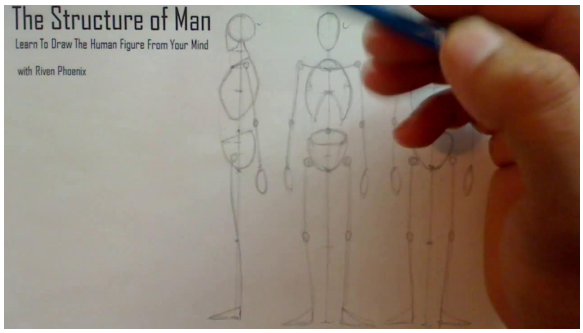
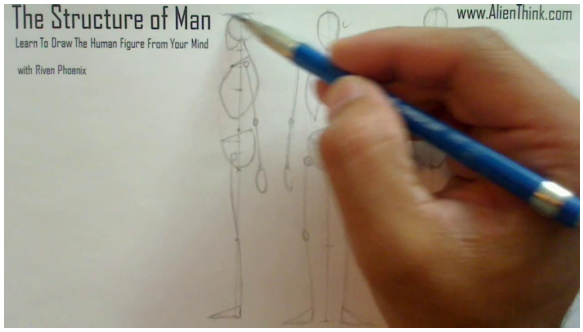
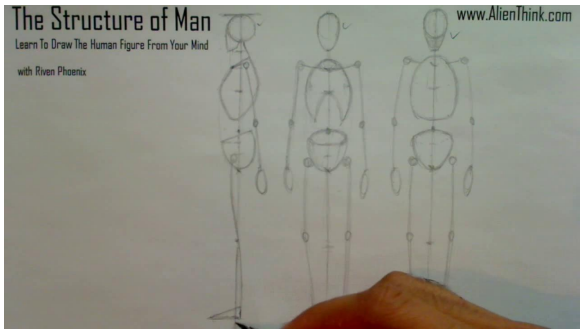
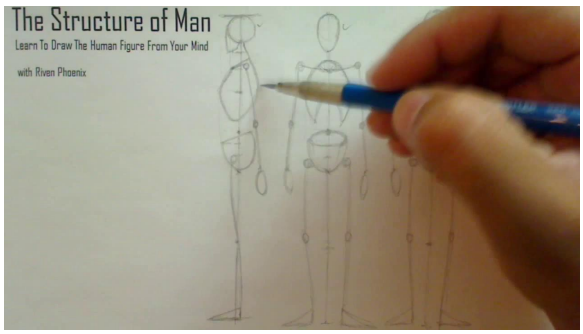
2026 Riven Phoenix and AlienThink.com

21		Okay, so here is just the first idea of formulas, but we will actually get into much more important
22		formulas, meaning that you don't really have to use the formulas, the formulas are really
23		used to force the mind to see things.
24		So what we need to do is look at the side view of the figure and this will help us understand

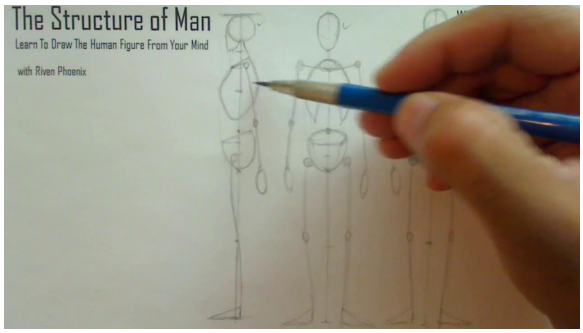
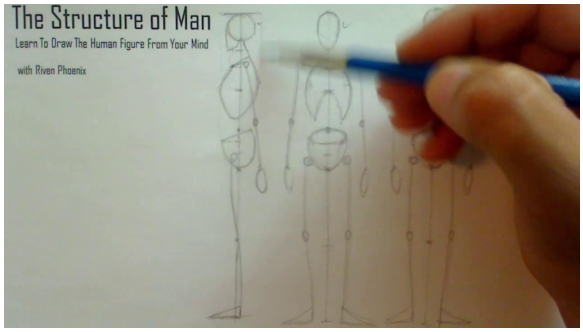
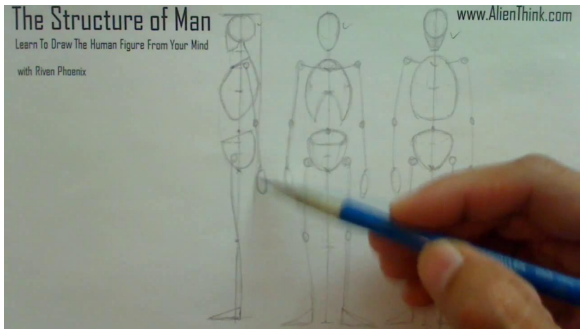
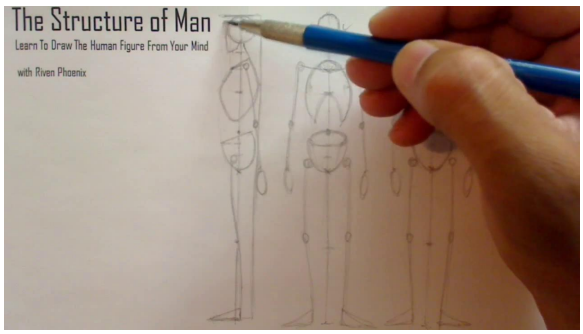
2026 Riven Phoenix and AlienThink.com

25		how to draw in a 3-fourth view.
26		So to do that, I want you to take this drawing here.
27		You can draw this drawing again if you wanted to, but I'm just going to use this.
28		Since I have this, what I want to do is understand how would I draw this in 3D?

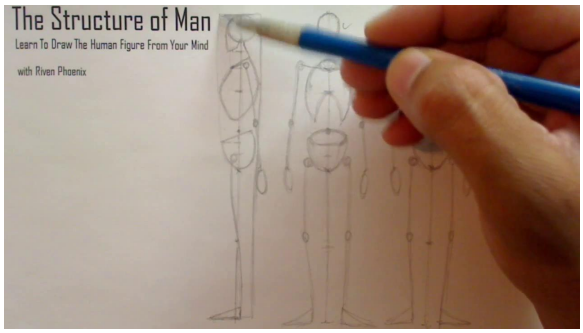
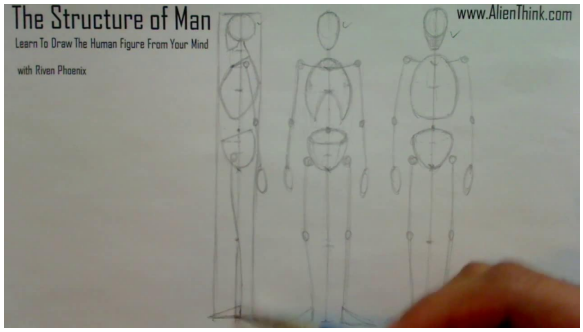
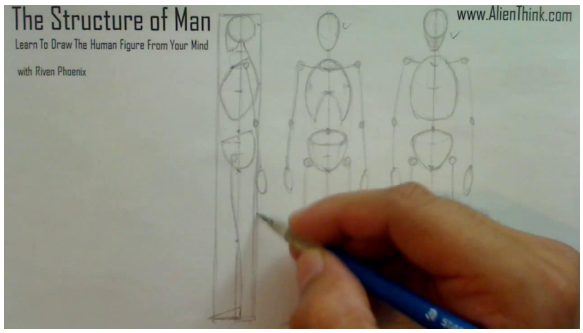
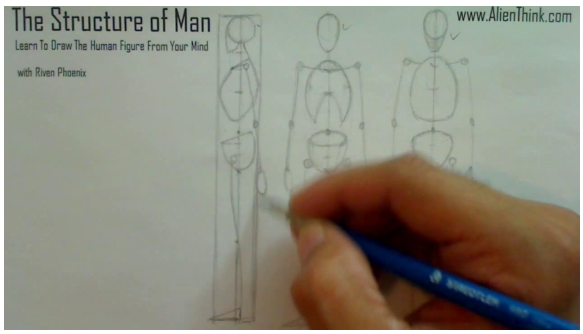
2026 Riven Phoenix and AlienThink.com

29		To do that, what I'm going to do is first draw, put this guy inside a long rectangle.
30		So I'm going to draw a line over here and obviously I'm just going to look at the center
31		line over here and draw a line over here.
32		I'm going to look at where this is, right?

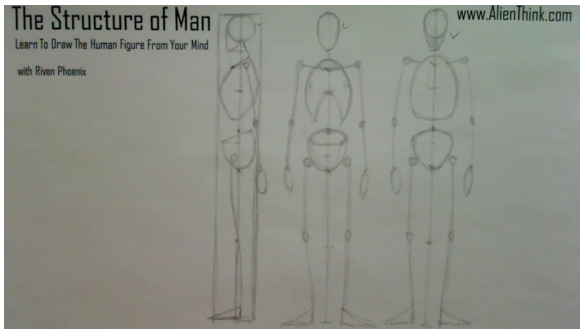
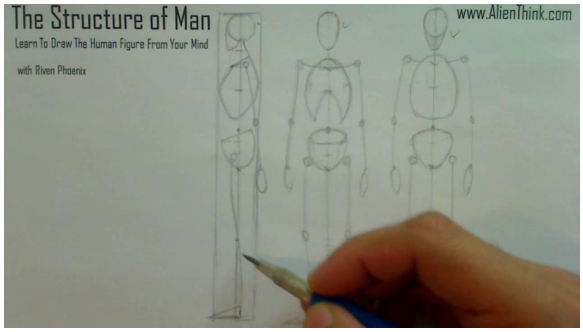
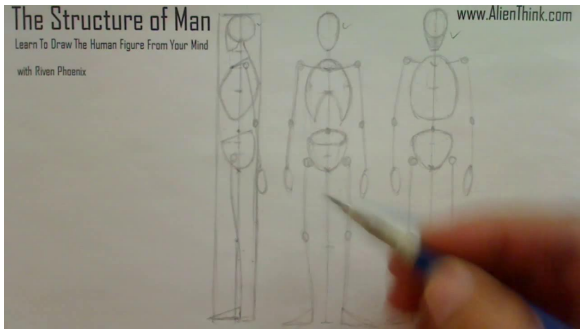
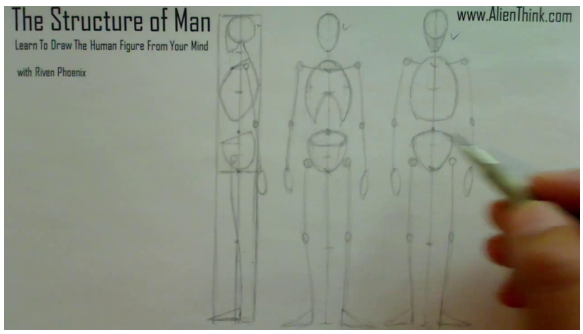
2026 Riven Phoenix and AlienThink.com

33		So it's over here, but basically we actually had measured correctly like this anyways,
34		so we know that this is going to go really in this direction like this and just,
35		you don't have to use a ruler, just sketch out this box here.
36		Over here is going to be the same thing, right?

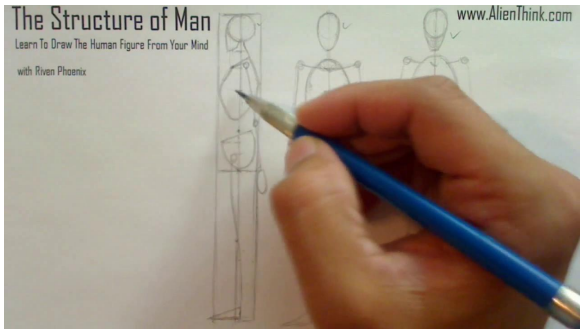
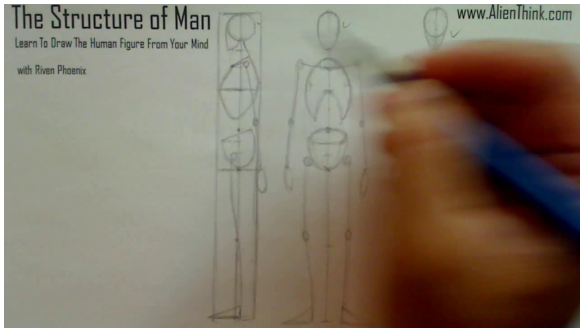
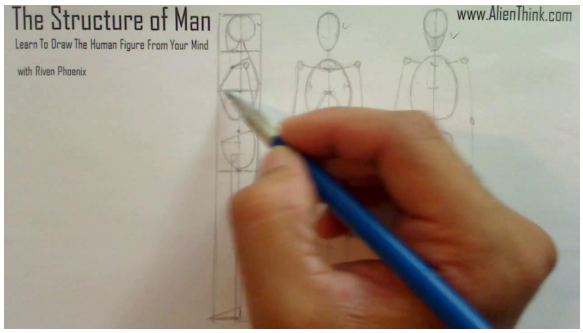
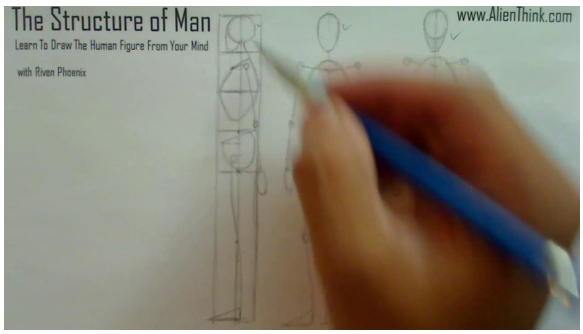
2026 Riven Phoenix and AlienThink.com

37		It's just going to be this box going really just in this direction over here.
38		It's just a very simple idea for the box.
39		So really the box should be just equal in how it's being done.
40		I'm just roughing it in here.

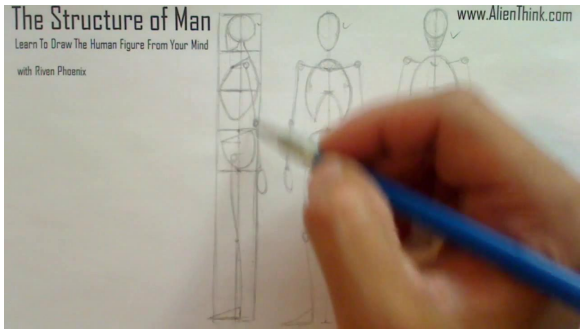
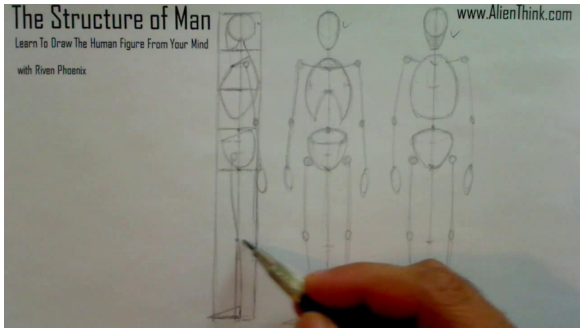
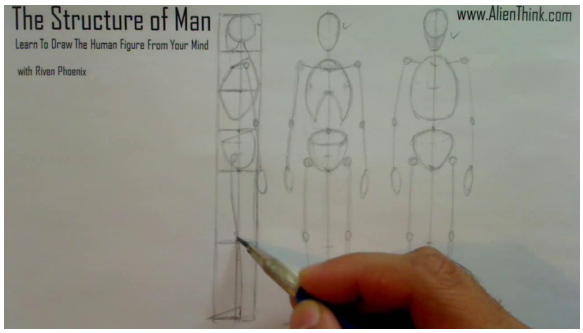
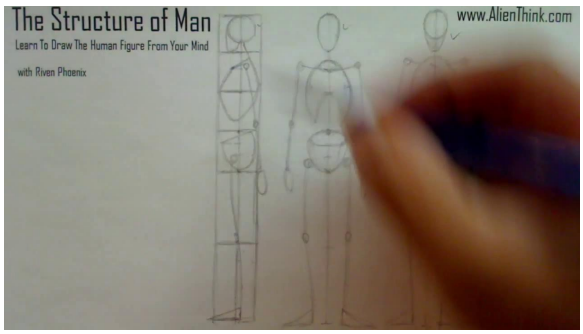
2026 Riven Phoenix and AlienThink.com

41		So I just made some of these lines a little fuzzy, so it might look like this is shorter,
42		but really it's going to be the same.
43		So here where the crotch is, I'm just going to divide this in half over here.
44		Now, and we'll use this understanding of this.

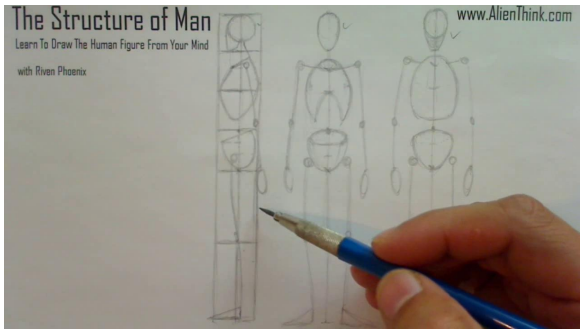
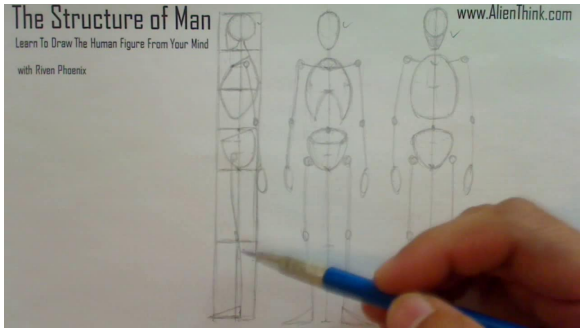
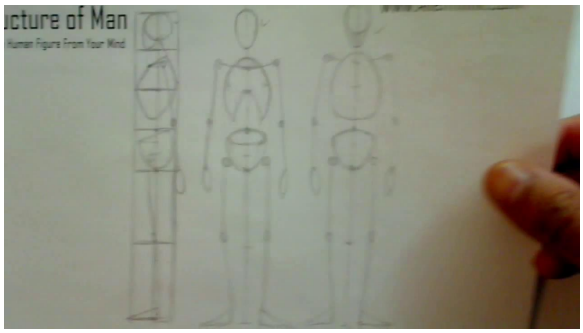
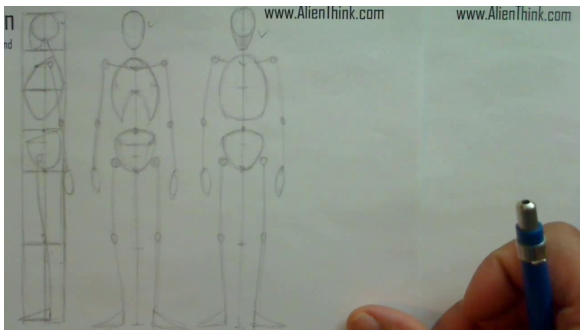
2026 Riven Phoenix and AlienThink.com

45		So basically where all the lines are, I want you to mark this in half over here.
46		This is where the line for the bottom of the chain is going to be,
47		this is where the pack muscles is, and this is basically where the needle is.
48		Right?

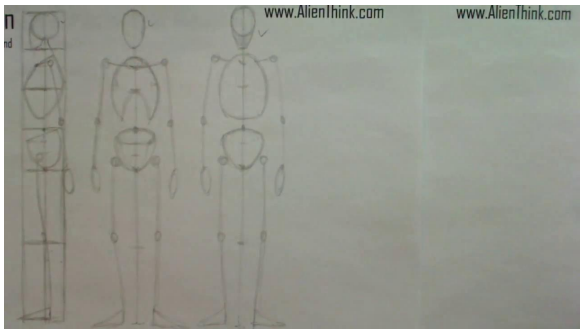
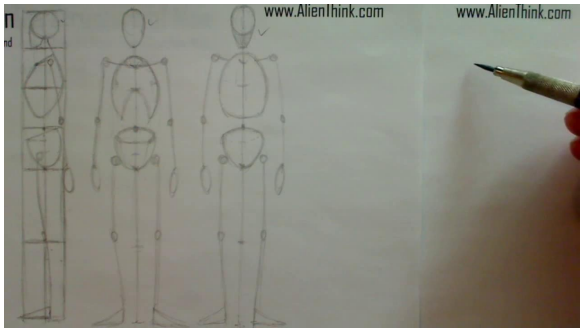
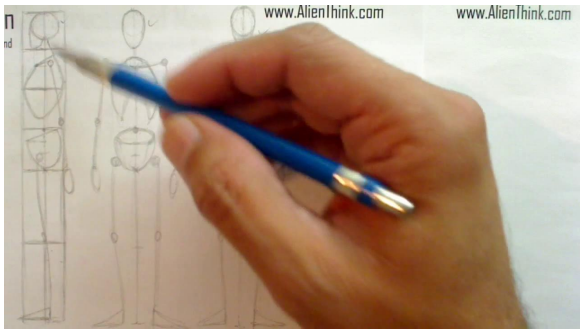
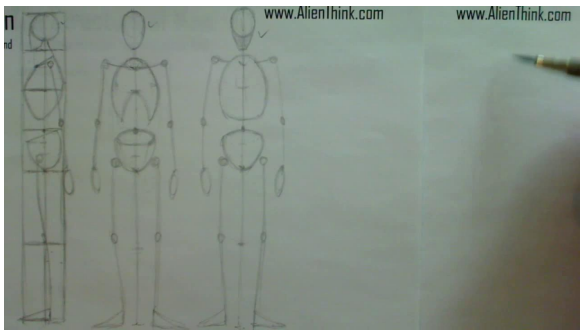
2026 Riven Phoenix and AlienThink.com

49		It's just divided in four different sections.
50		And over here, it's going to be the line for where the needs are supposed to be above,
51		these are going to be here, but this is that line.
52		So I want you to look, take a look at this grid over here.

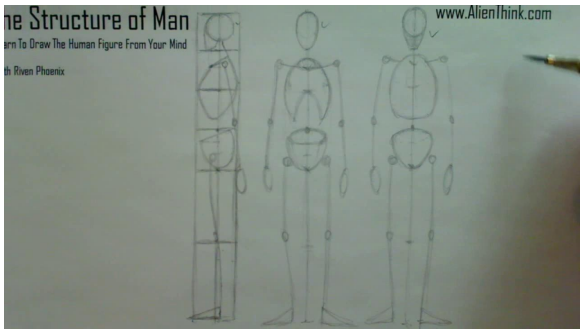
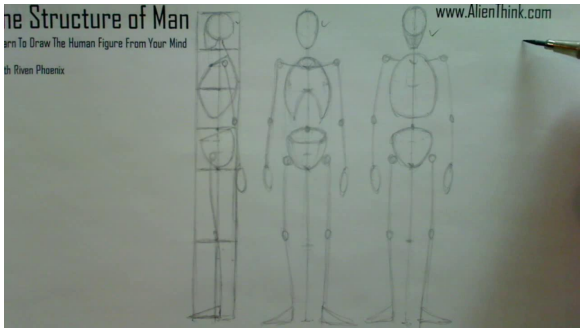
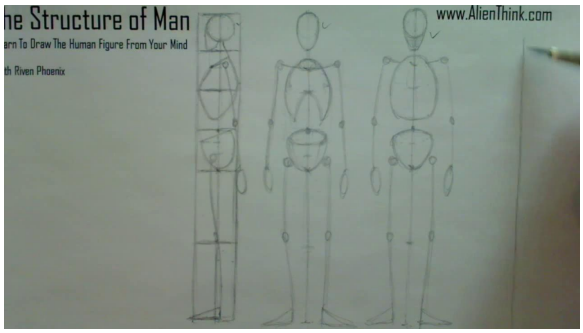
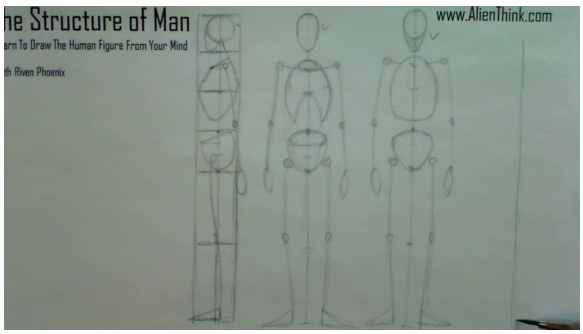
2026 Riven Phoenix and AlienThink.com

53		Right?
54		So what we have to do is now use this knowledge to begin to draw this out in a 3.4.
55		I'm just going to move this here to the side over here.
56		Right?

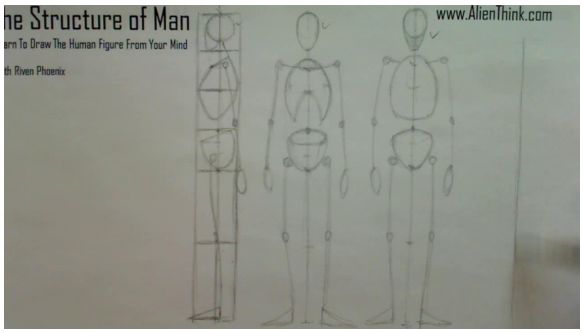
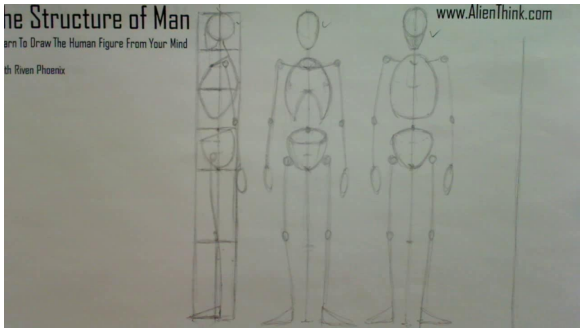
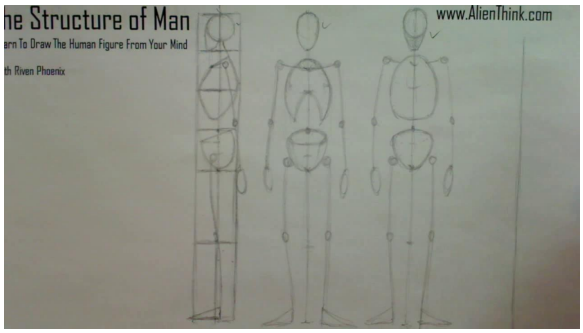
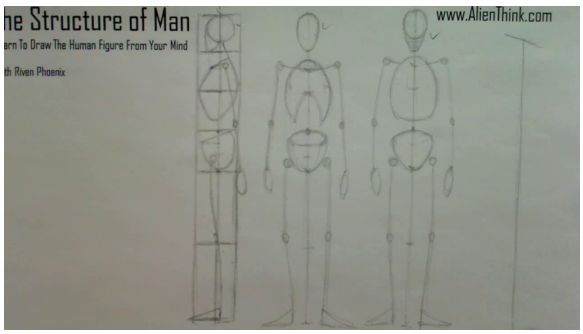
2026 Riven Phoenix and AlienThink.com

57		And we're going to understand this on this section here.
58		Right?
59		So what we're going to do is draw this thing over here in 3D.
60		So to do that, here we can just draw out, actually I can just draw it on this paper over here.

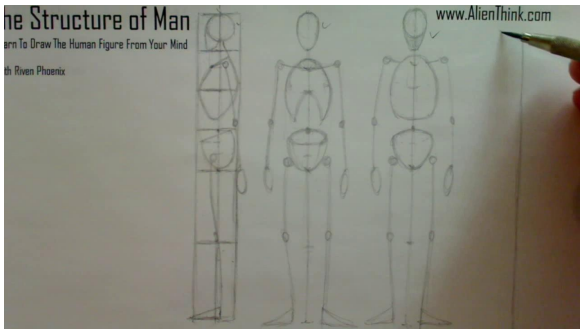
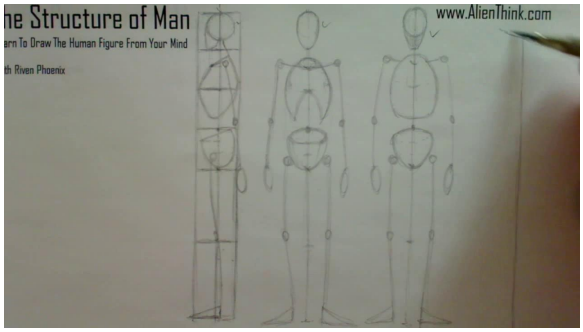
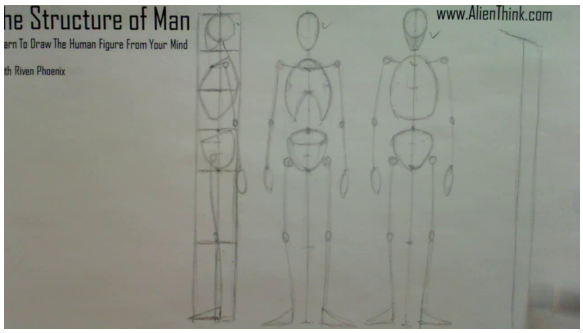
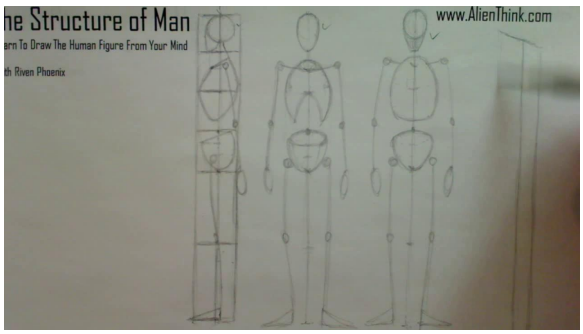
2026 Riven Phoenix and AlienThink.com

61		Okay.
62		I'm going to draw from here, like this, a line like this.
63		Right?
64		I'm drawing a center line, which is the same center line here, this line here, I'm drawing

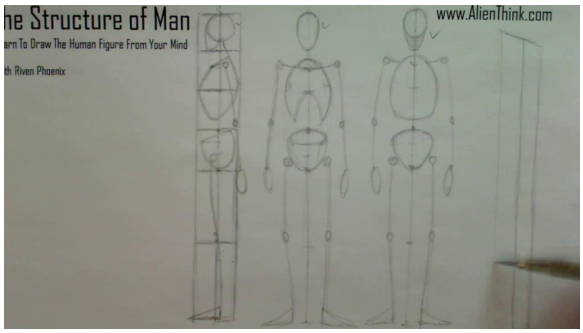
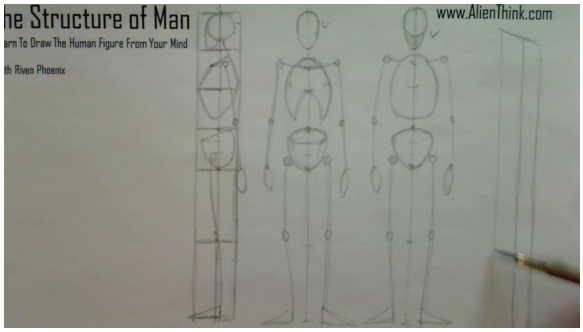
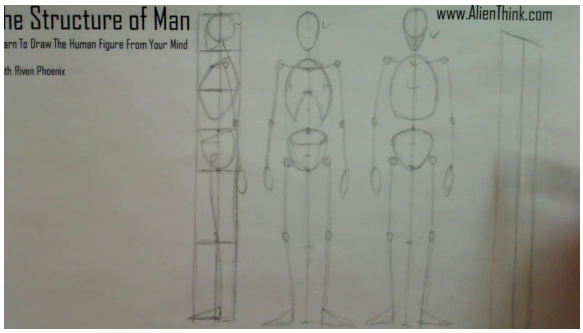
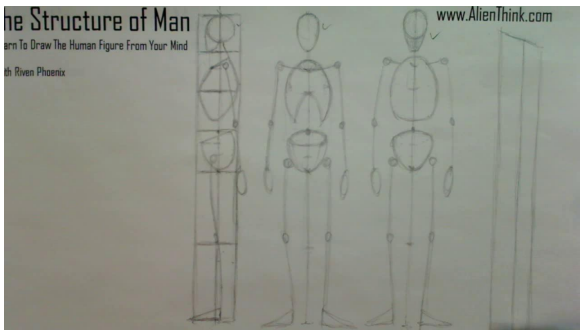
2026 Riven Phoenix and AlienThink.com

65		it out like this.
66		Okay?
67		Now I'm going to turn this into 3D, meaning we just basically make it going to perspective
68		like this, just like this.

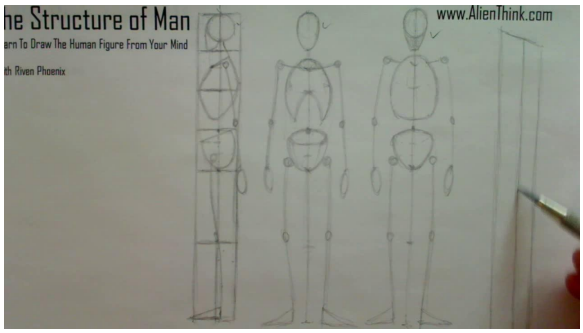
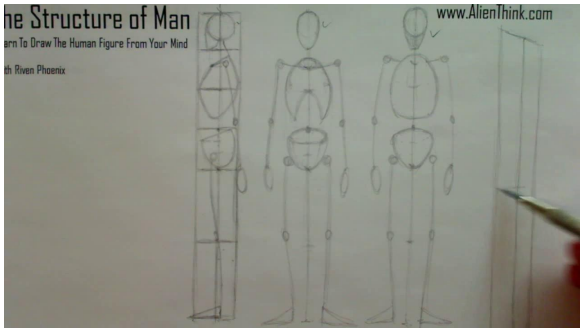
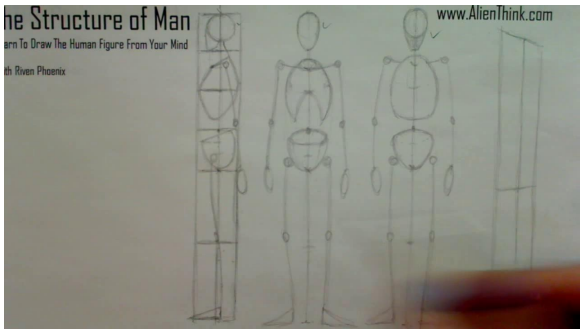
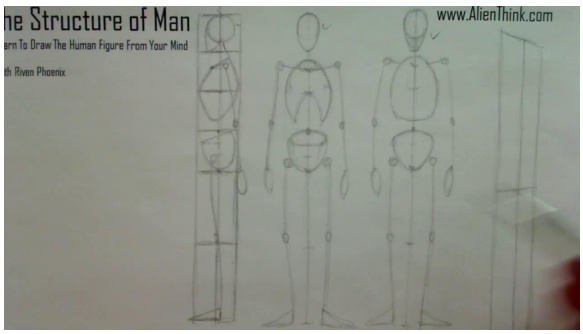
2026 Riven Phoenix and AlienThink.com

69		Okay?
70		And here I'm just going to roughly say that this is how it's going to be in 3D.
71		That meaning that this section here that I'm drawing is going to be shorter and this is going
72		to be a little bit larger.

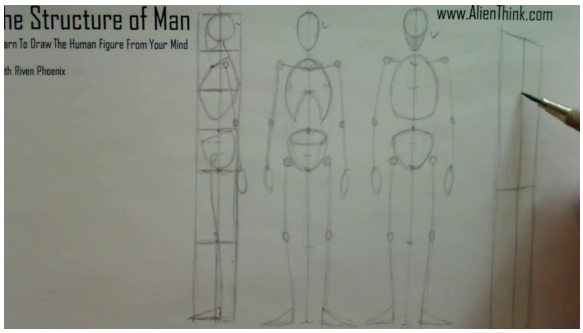
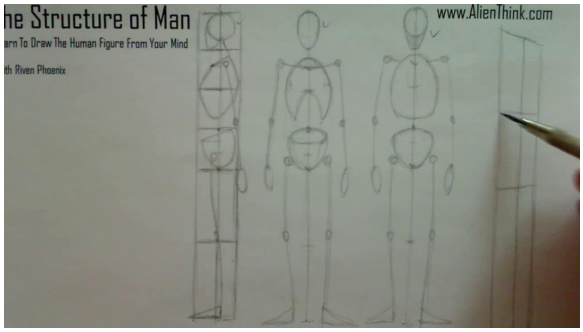
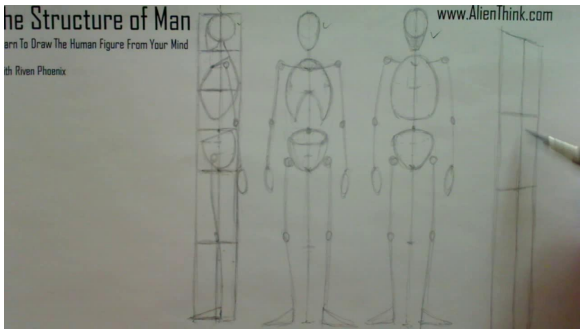
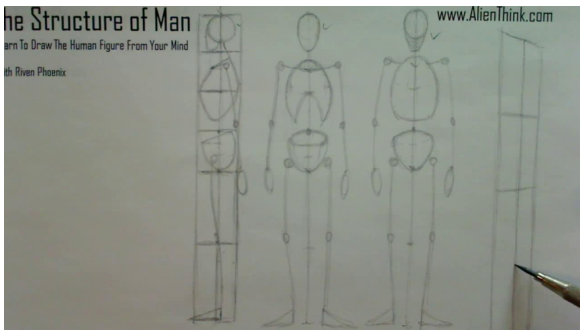
2026 Riven Phoenix and AlienThink.com

73		Right?
74		Just draw it in 3D, just like this, just roughly.
75		Because we really just need to be approximate this.
76		It's really the exercise to understand how this whole thing works.

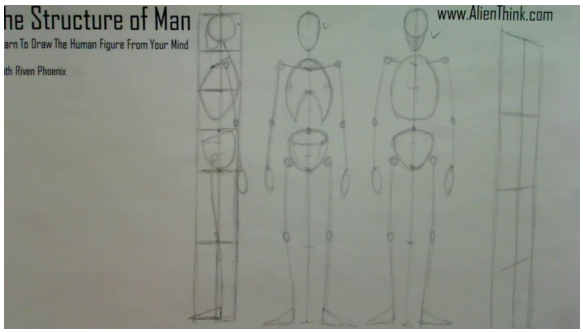
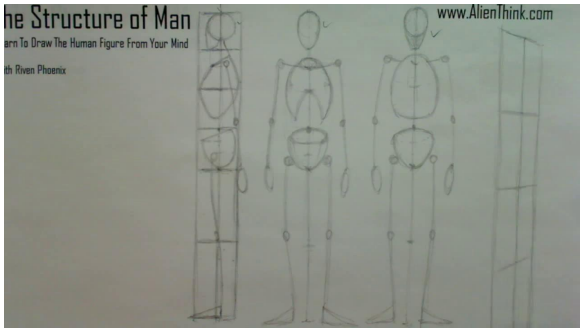
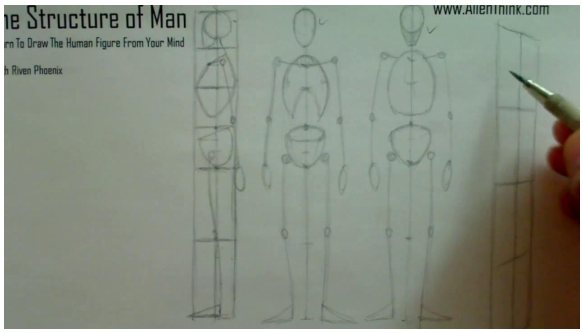
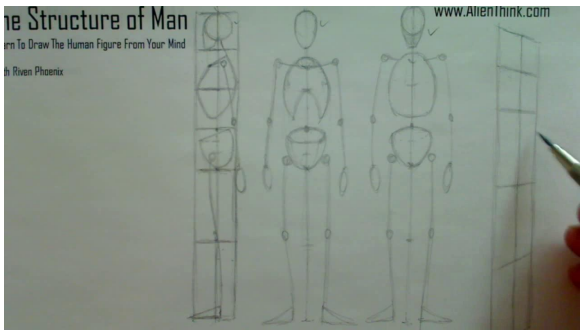
2026 Riven Phoenix and AlienThink.com

77		So if I divide this line in half, which is going to be about here, really it's just going
78		to be a straight line.
79		Straight line is this line right here.
80		Okay?

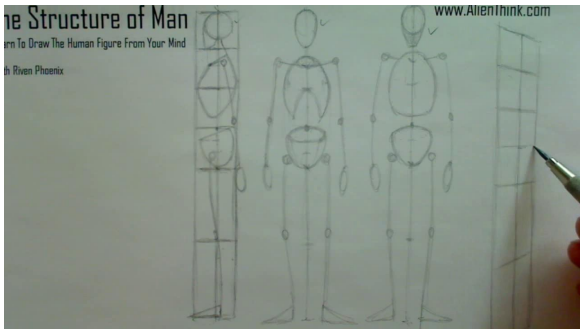
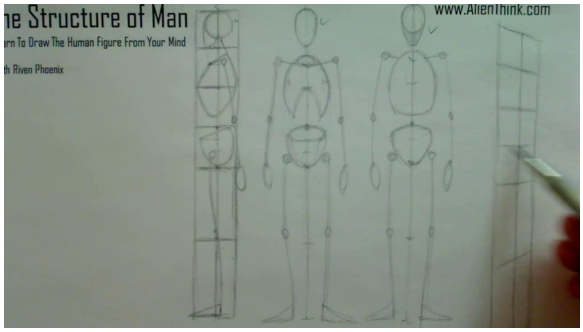
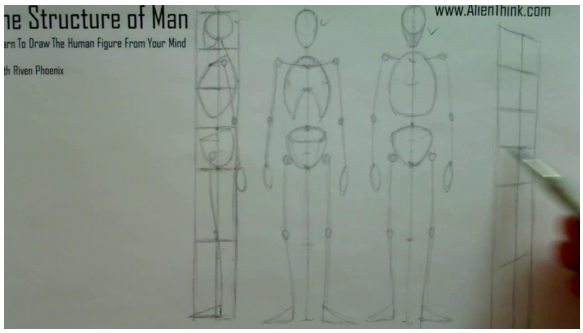
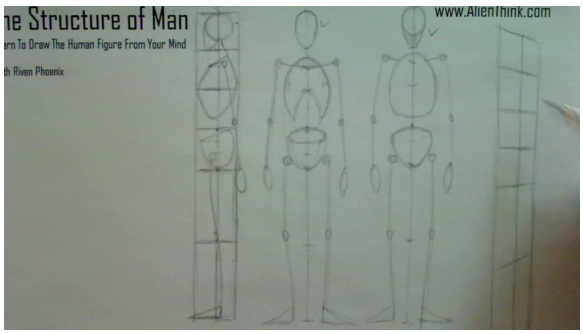
2026 Riven Phoenix and AlienThink.com

81		Then if I divide this in half for the peg muscles, I'm going to go a little bit in perspective
82		in this way.
83		Right?
84		This is the line here again for the bottom of where the knees are supposed to be.

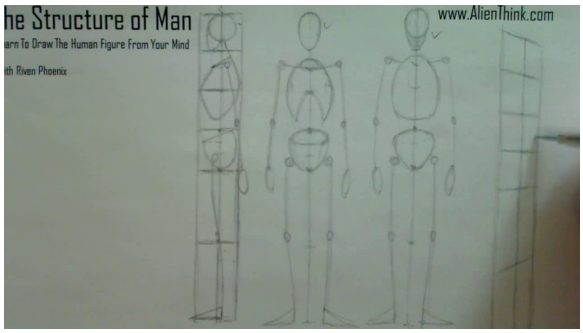
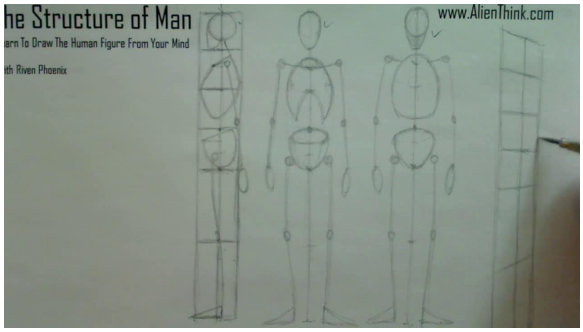
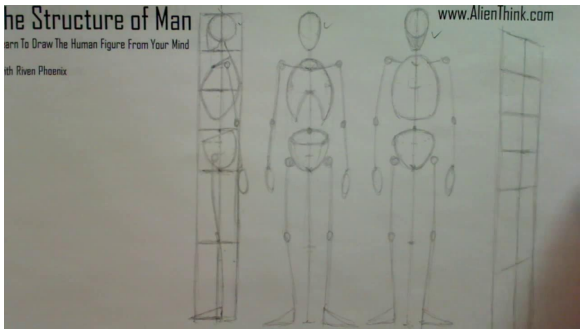
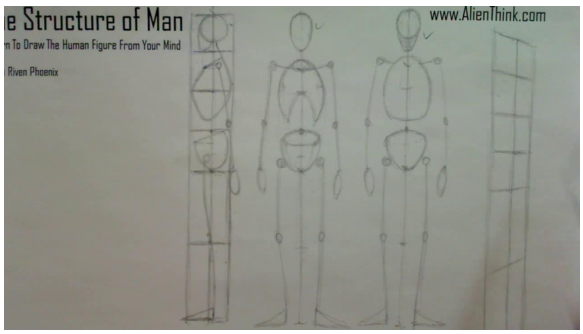
2026 Riven Phoenix and AlienThink.com

85		Right?
86		So this gives us like a 3D grid over here, exactly here.
87		And here I'm just going to do the same thing here for the bottom of the chin.
88		And this is where obviously the navel is supposed to be.

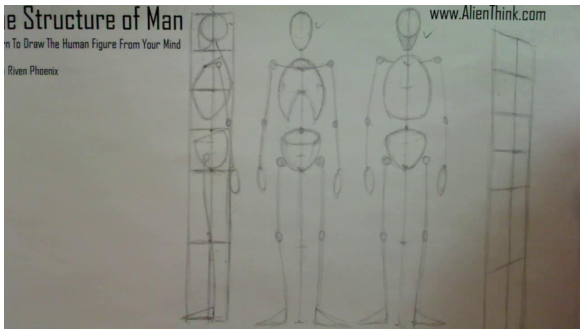
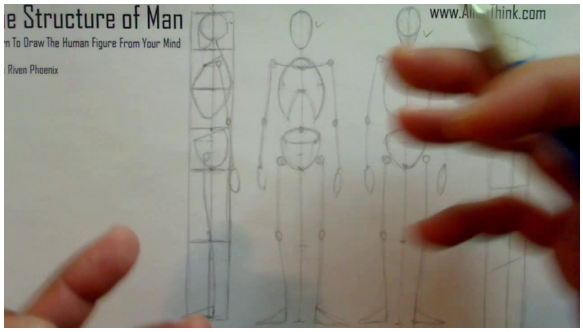
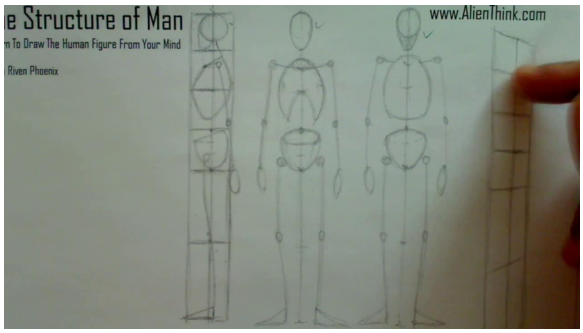
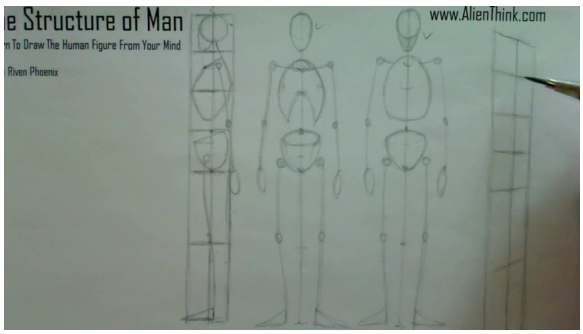
2026 Riven Phoenix and AlienThink.com

89		Right?
90		It's going to be just like this.
91		Like just rough it in.
92		No big deal.

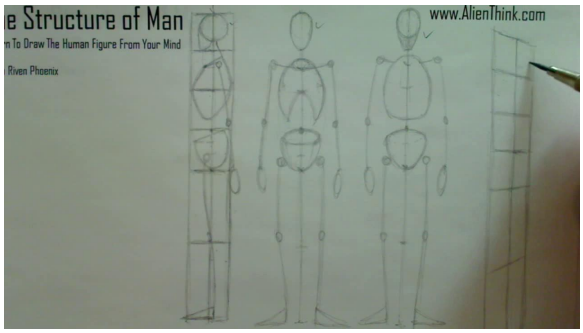
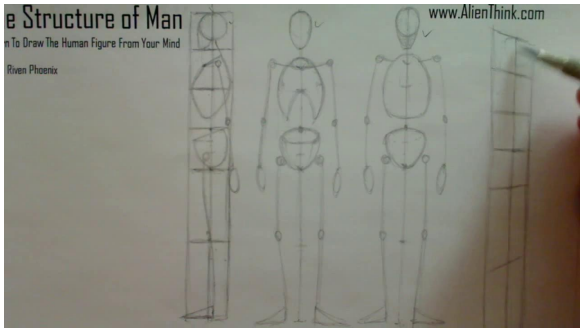
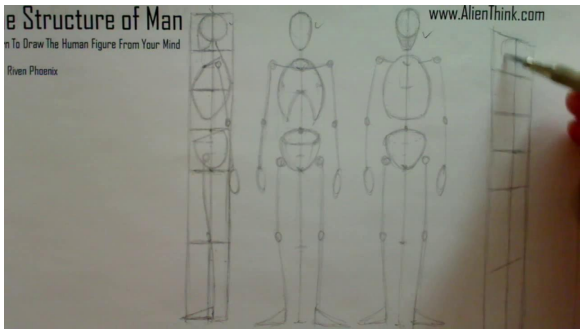
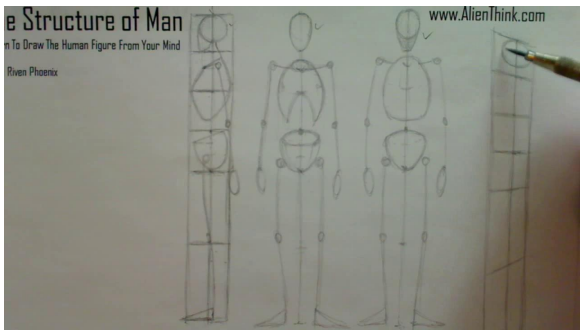
2026 Riven Phoenix and AlienThink.com

93		Okay.
94		So once we have this, all we have to do is now translate this design over here so we can begin to understand
95		how this thing needs to be turned into 3D.
96		Right?

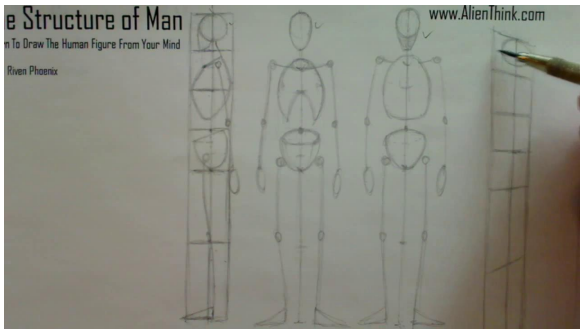
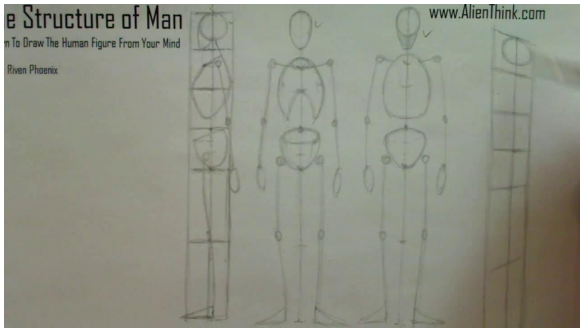
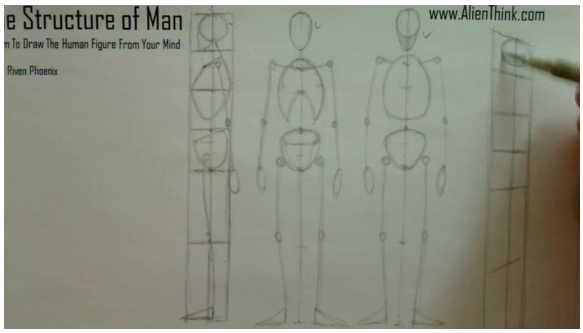
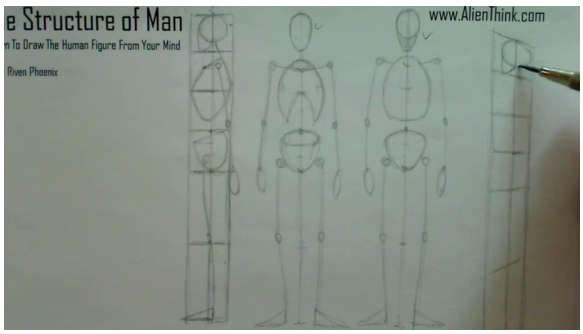
2026 Riven Phoenix and AlienThink.com

97		And this is where we're now getting, beginning our process, all beginning to develop a very good
98		understanding of the skeletal structure in 3D.
99		But we have to first do this exercise and you will see the power of this.
100		So all we have to do is now just look at this and say that, okay, well, when I did this,

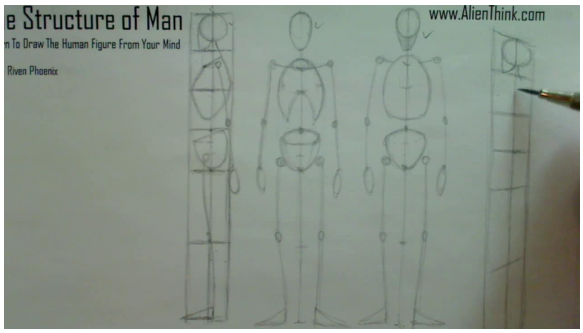
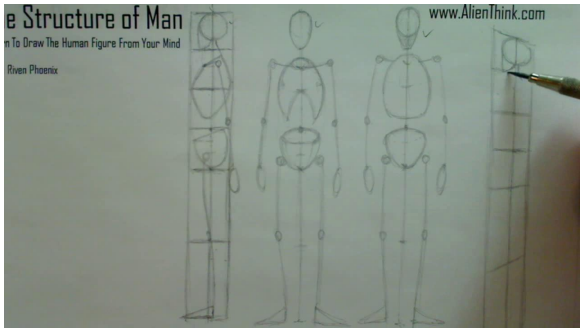
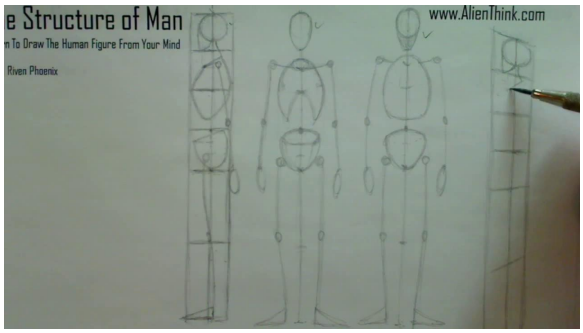
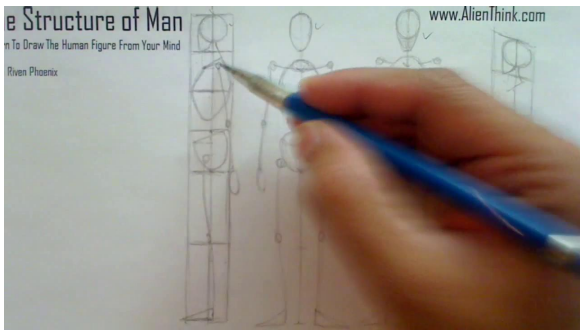
2026 Riven Phoenix and AlienThink.com

101		I really just need to draw this in a much more 3D way here.
102		Right?
103		If you're drawing the same thing, just drawing it in 3D, 3D, you obviously have like an oval this time.
104		Right?

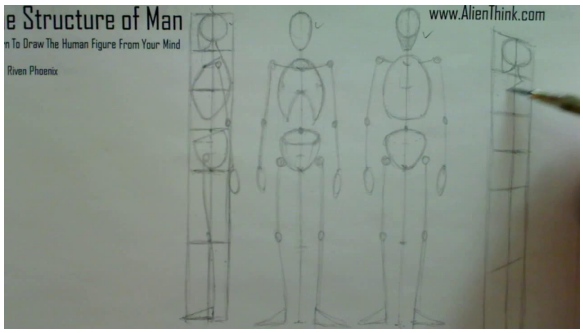
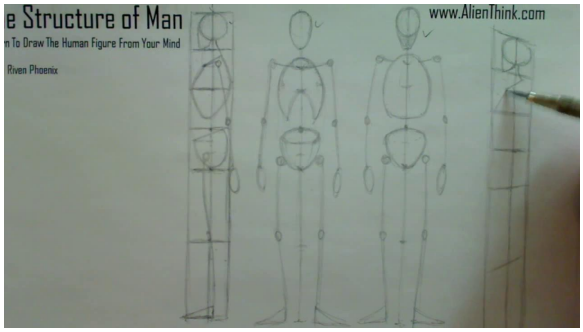
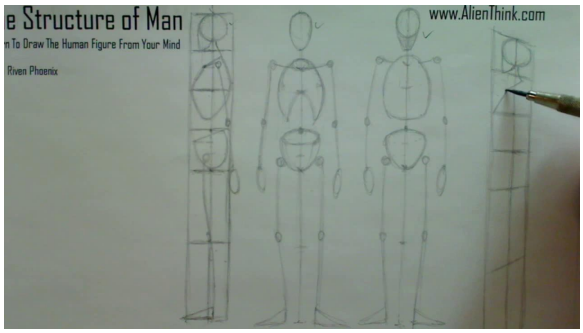
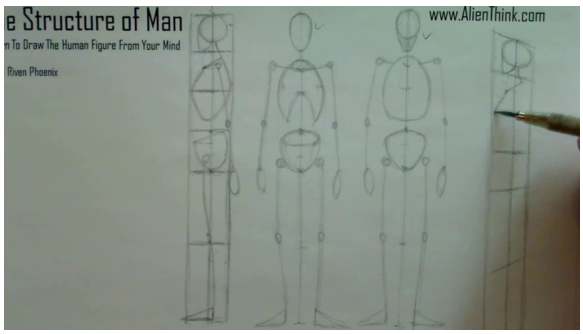
2026 Riven Phoenix and AlienThink.com

105		Remember, it's not going to be here because you got to look at this.
106		Right?
107		So you know you did this and this is going to be the jaw over here like this.
108		We know that this is where the neck is.

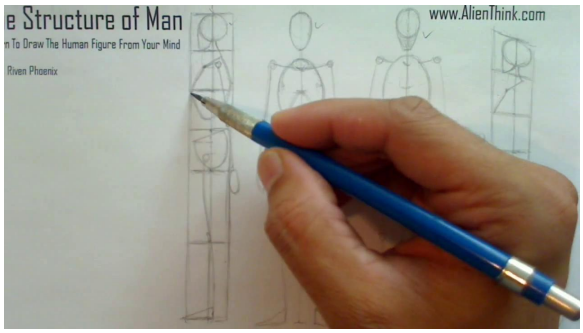
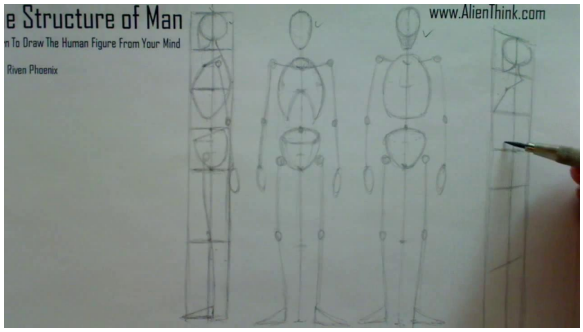
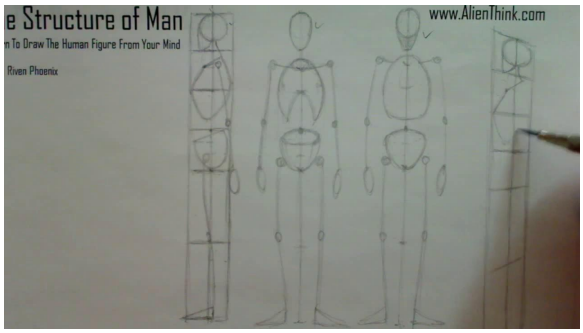
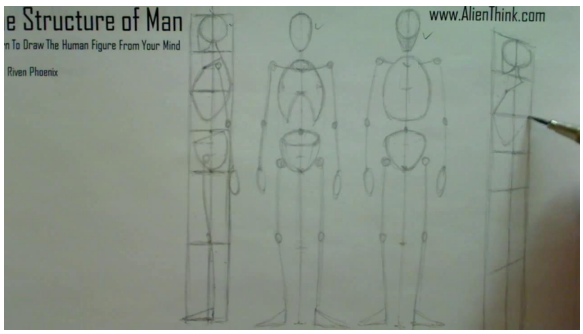
2026 Riven Phoenix and AlienThink.com

109		We know that this is where the clavicle was.
110		It has to be halfway here going in this.
111		Right?
112		Just look at this if you need to translate it.

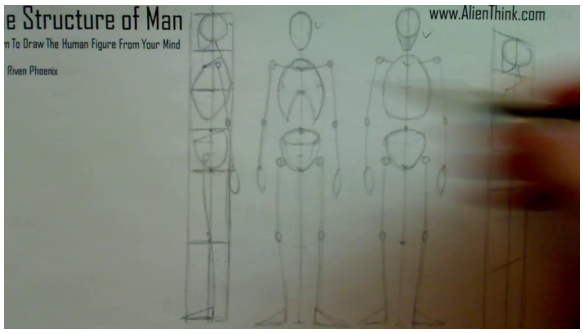
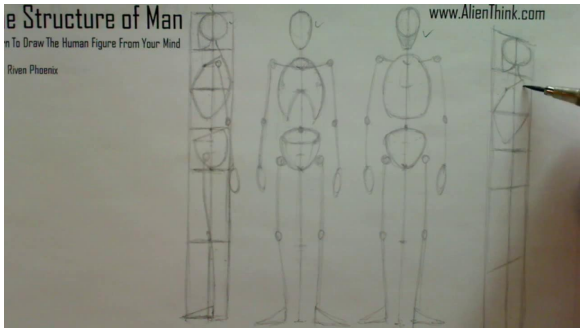
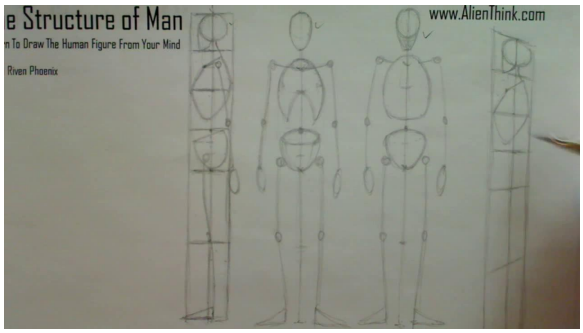
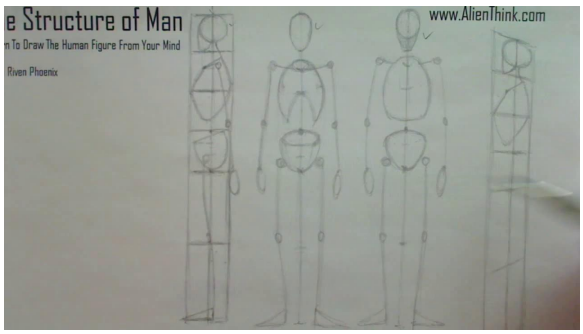
2026 Riven Phoenix and AlienThink.com

113		But I would really just follow the formulas.
114		This is where the, right?
115		I knew that this is where the clavicle was.
116		I came here because this is over here.

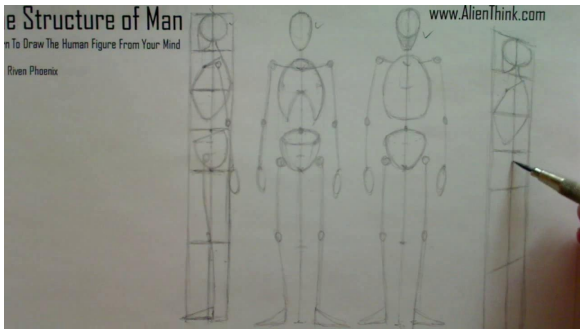
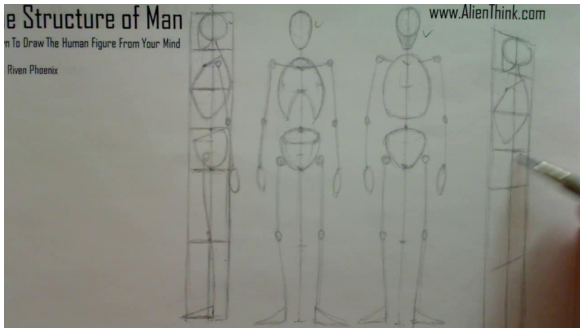
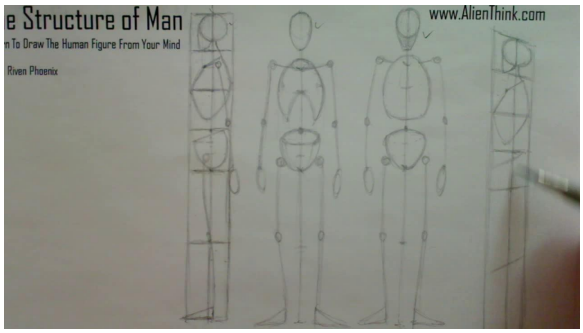
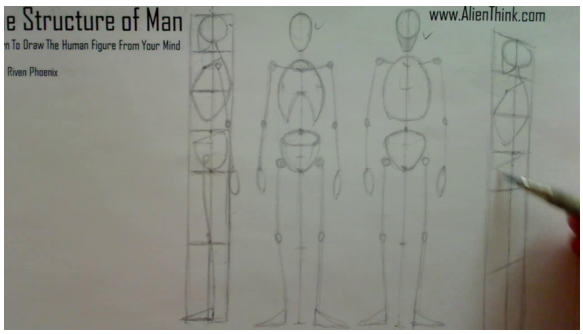
2026 Riven Phoenix and AlienThink.com

117		I'm going to curve like this.
118		I mean, I'm just going to curve over here like this.
119		I'm going to go back, look where this is.
120		I'm going here.

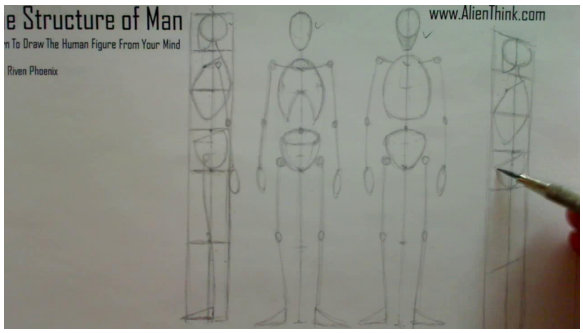
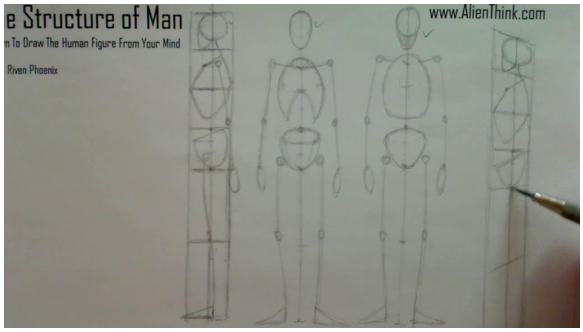
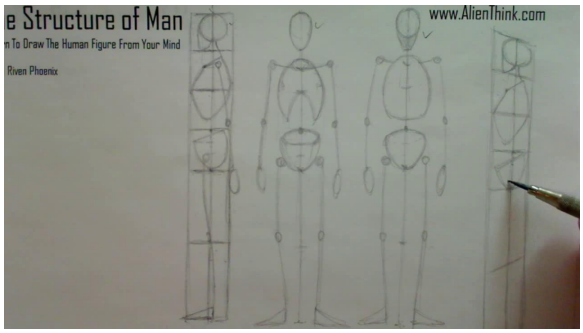
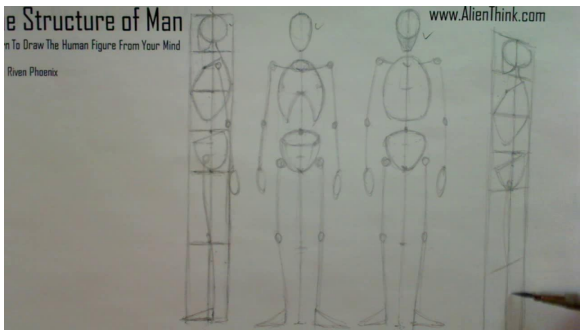
2026 Riven Phoenix and AlienThink.com

121		I'm going to make this over here.
122		Just like this.
123		I just need to get the idea down.
124		Right?

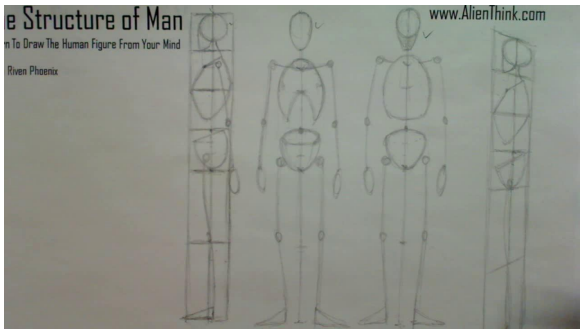
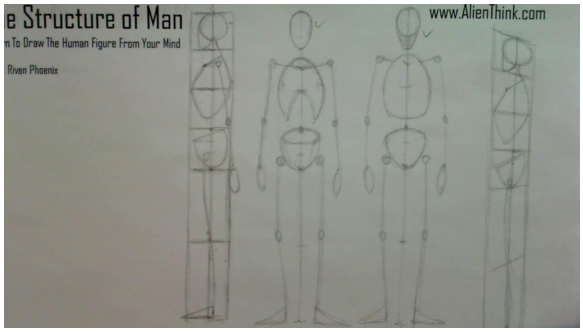
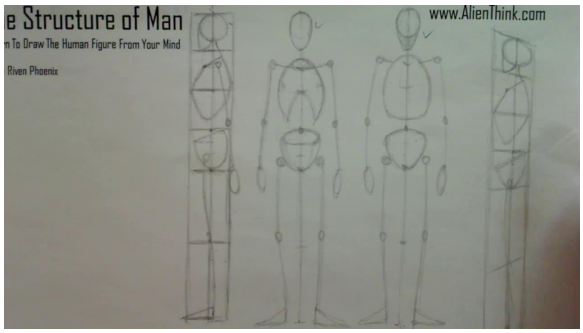
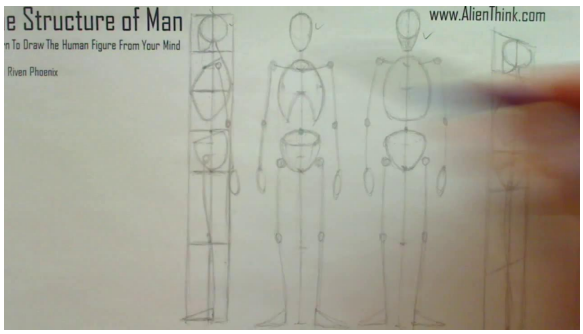
2026 Riven Phoenix and AlienThink.com

125		Over here, it's very simple.
126		I just did from here, right?
127		Really, from here to here, it's really divided in three different parts.
128		And you're just going to make it like this.

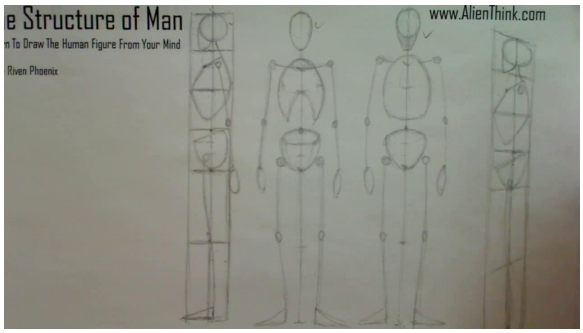
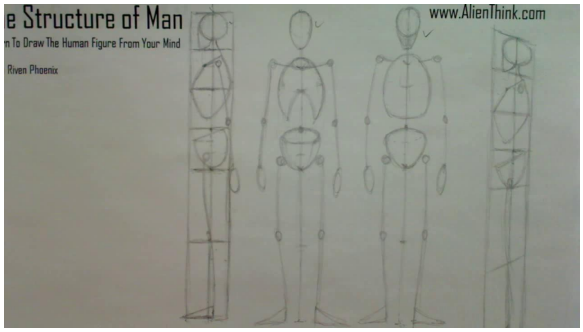
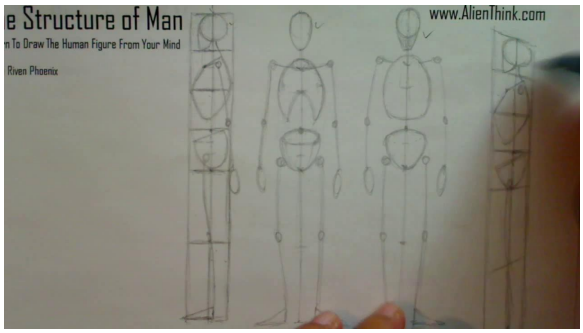
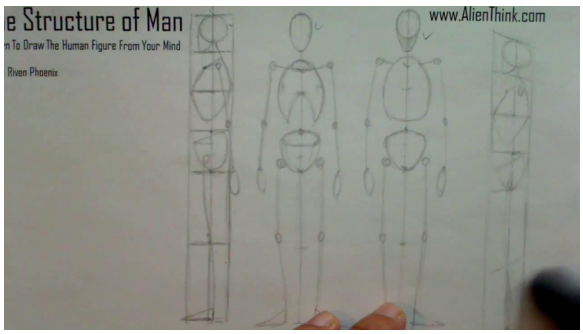
2026 Riven Phoenix and AlienThink.com

129		Right?
130		And that's it.
131		And then obviously that line was over here.
132		And then you got your foot over here like this.

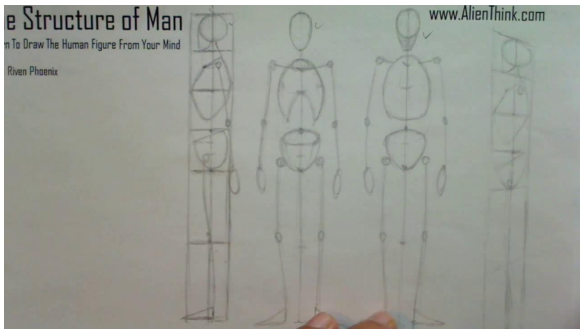
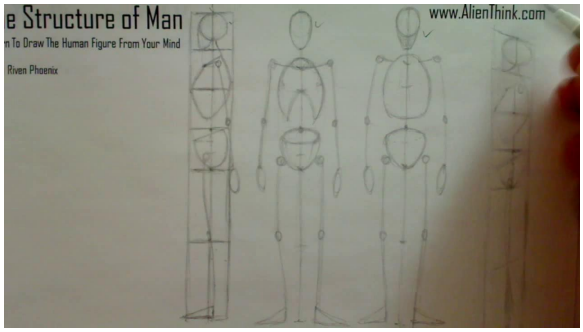
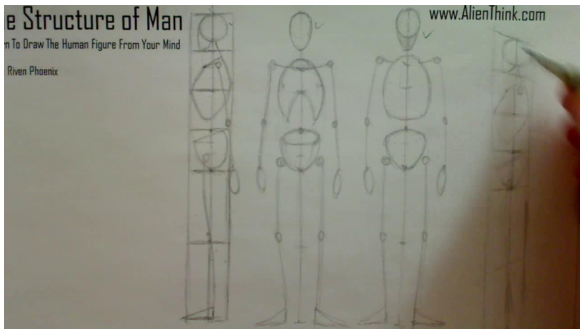
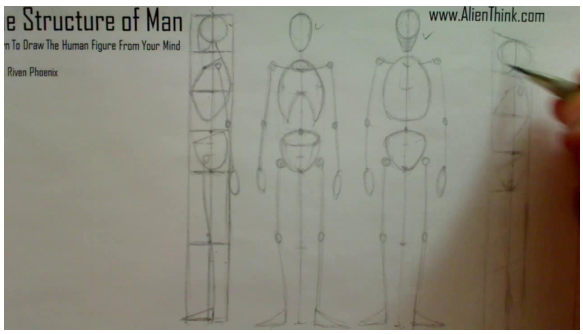
2026 Riven Phoenix and AlienThink.com

133		Right?
134		And that's it.
135		So, and this is where the joint was for the hand.
136		Now, don't draw the hand out.

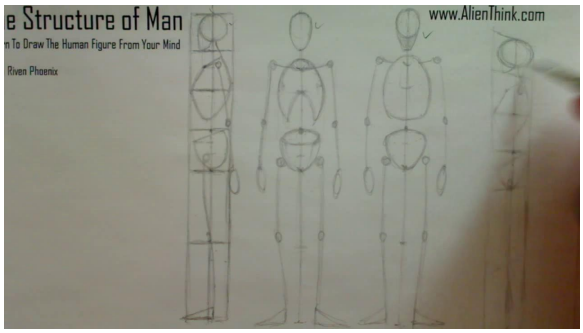
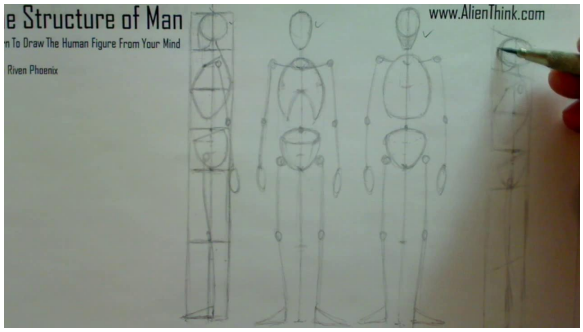
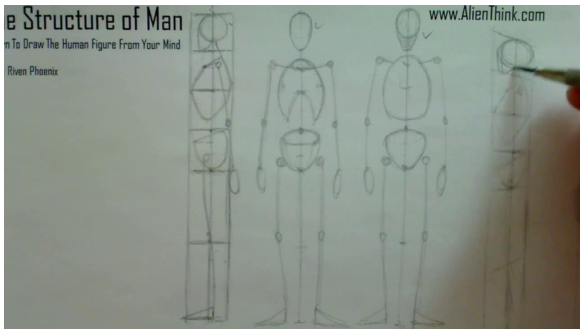
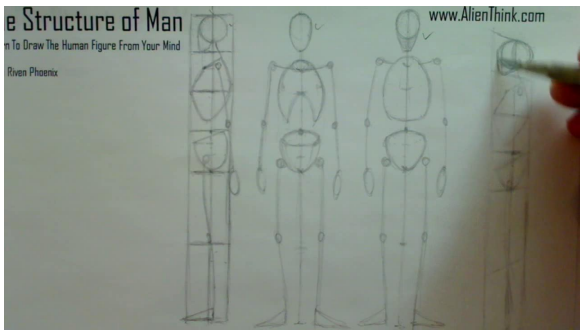
2026 Riven Phoenix and AlienThink.com

137		So to turn this into 3D, we just need to look at this.
138		Right?
139		So here I'm just going to erase some of these lines here.
140		So they don't become kind of dark.

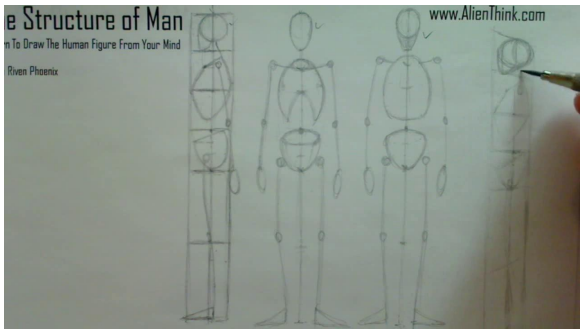
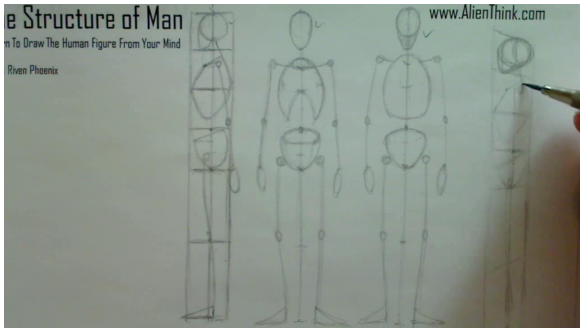
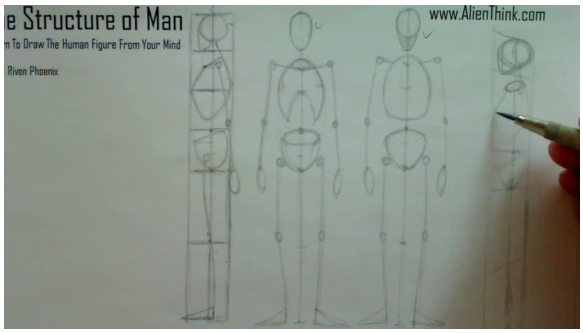
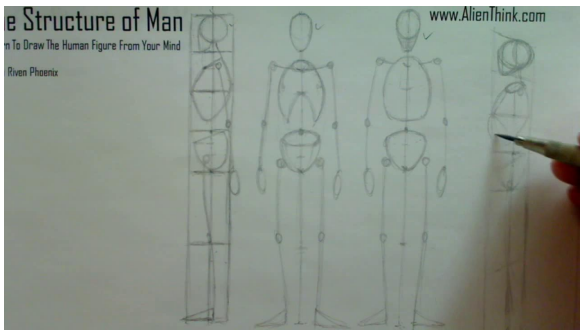
2026 Riven Phoenix and AlienThink.com

141		Should be kind of light here like this.
142		We just need to turn it into 3D.
143		But looking at this and saying that, okay.
144		Three dimensionally, this guy is going to be like this.

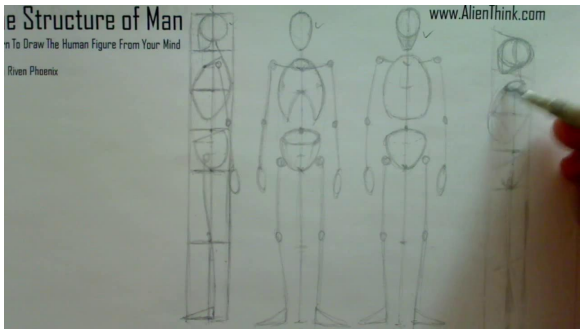
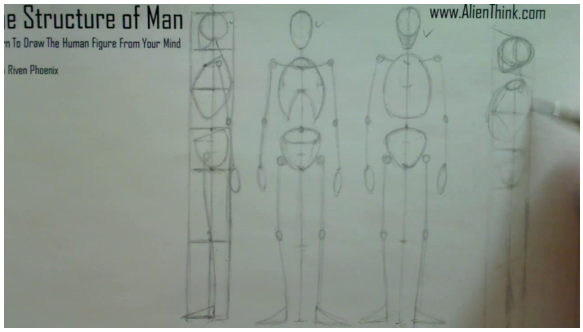
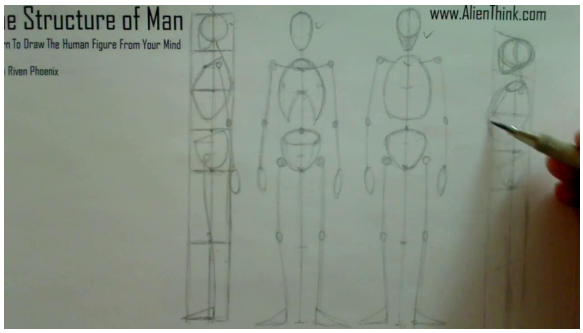
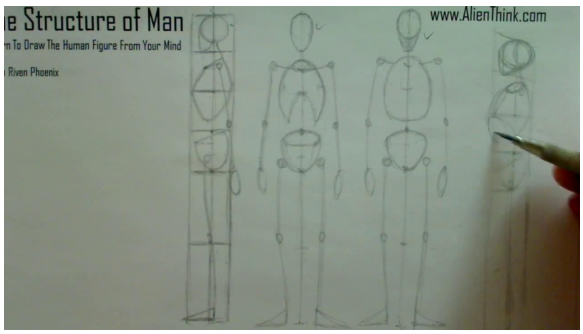
2026 Riven Phoenix and AlienThink.com

145		And here is where you will begin to notice a frustration process that your mind might go through.
146		Right?
147		So here we need to now somehow turn this thing into 3D like this.
148		So it begins to develop into like a 3D form here.

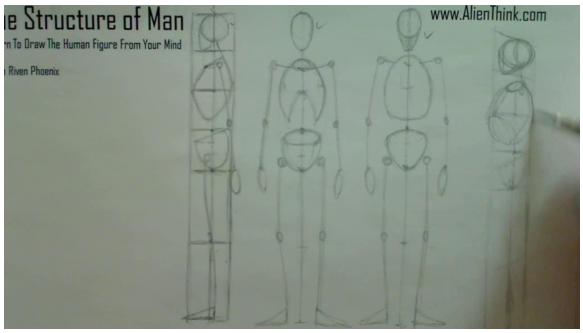
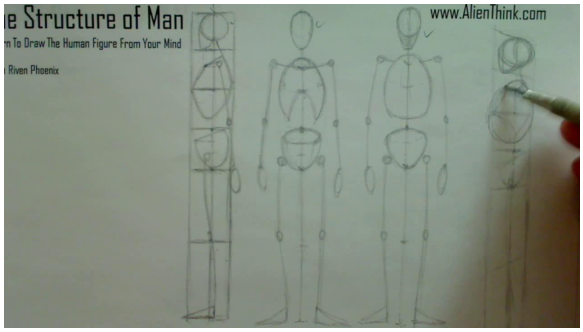
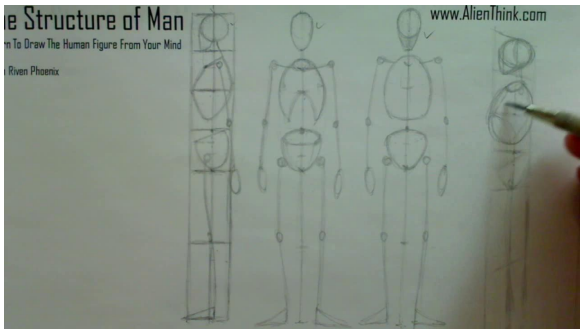
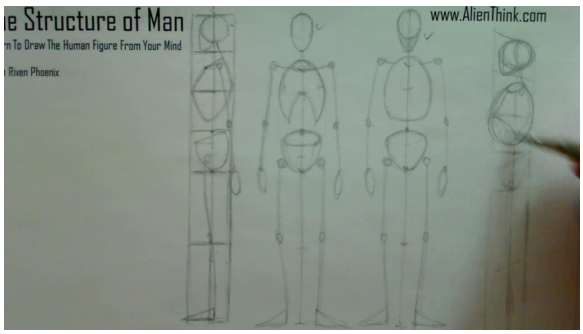
2026 Riven Phoenix and AlienThink.com

149		Right?
150		And here you'll see that the mind is not under some things that the mind is not going to be able to comprehend here.
151		As to how is this even supposed to look here?
152		Right?

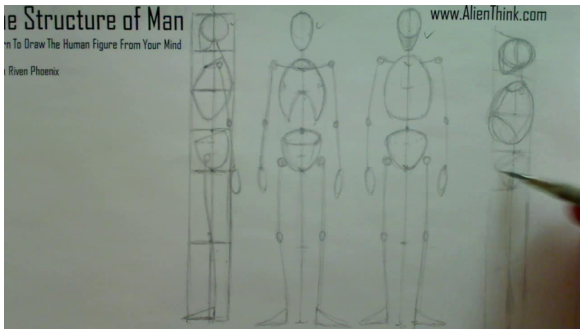
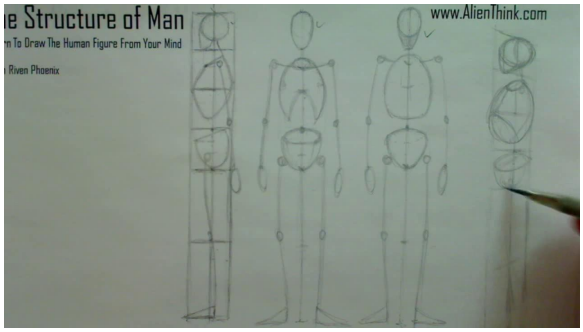
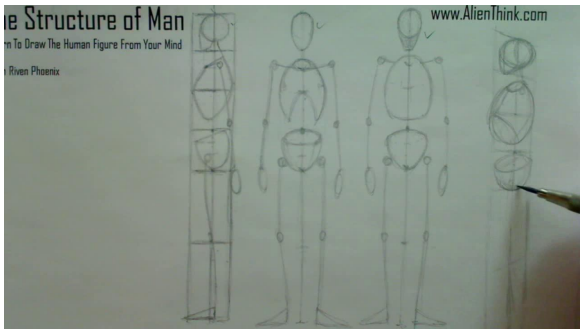
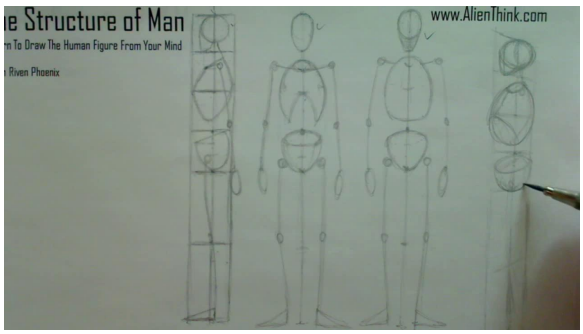
2026 Riven Phoenix and AlienThink.com

153		But you can wing it.
154		You can just wing it by looking at this, looking at this.
155		Right?
156		It was just a ball shape over here.

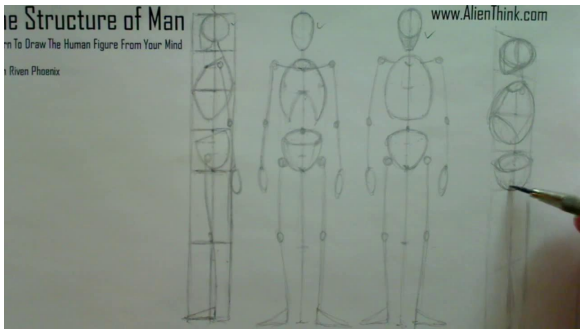
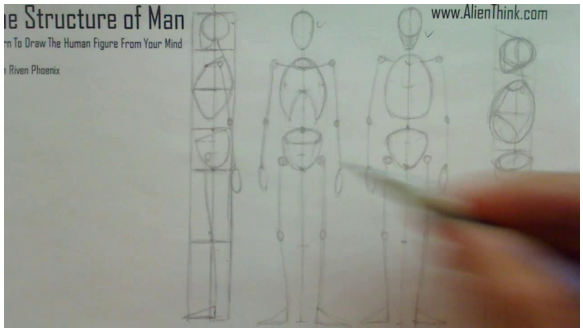
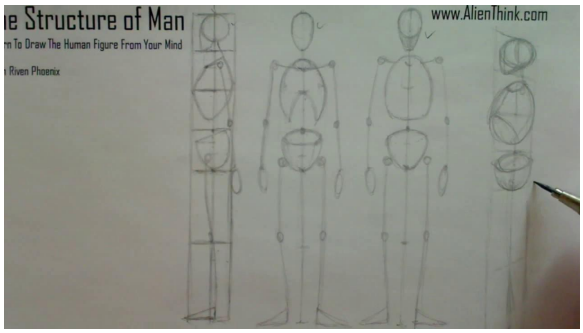
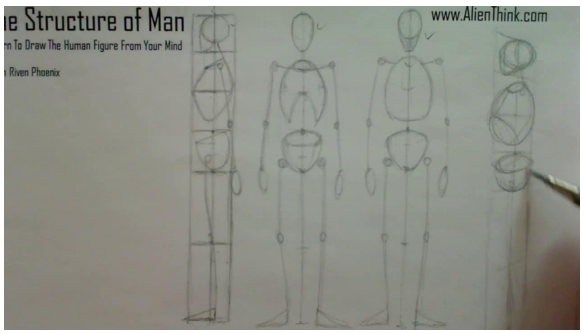
2026 Riven Phoenix and AlienThink.com

157		And that's basically it.
158		You can just rough it in.
159		Right?
160		I'm just going to rough it in.

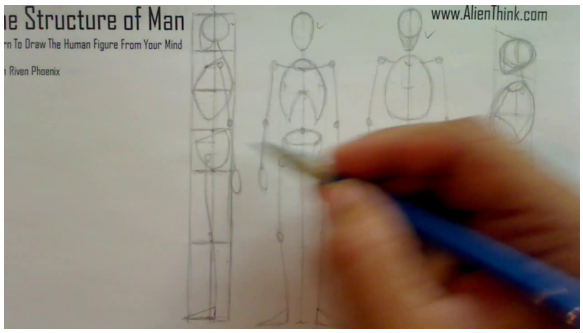
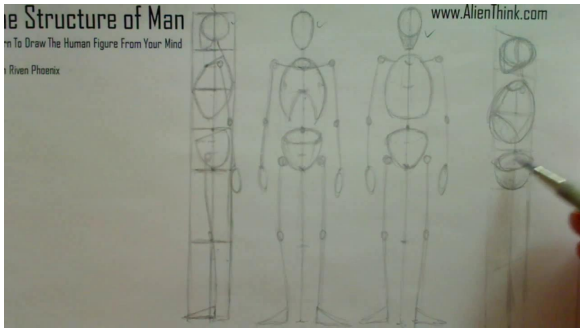
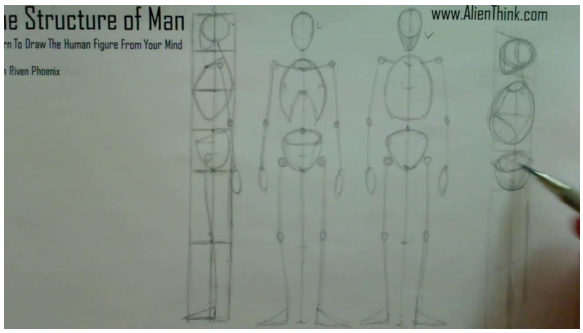
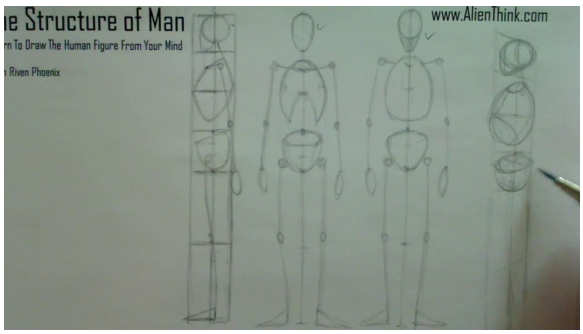
2026 Riven Phoenix and AlienThink.com

161		I know that this was a circle over here.
162		This was like this.
163		And over here.
164		Now, we get into that idea of, okay.

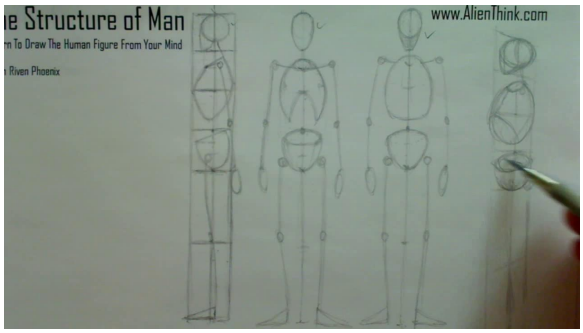
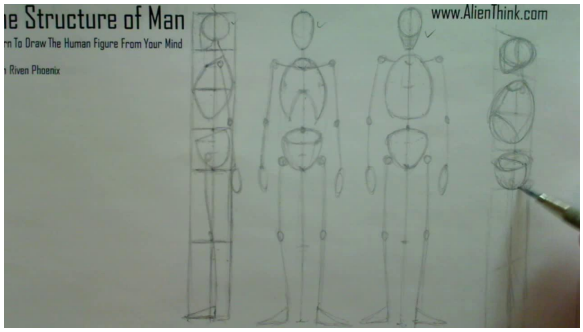
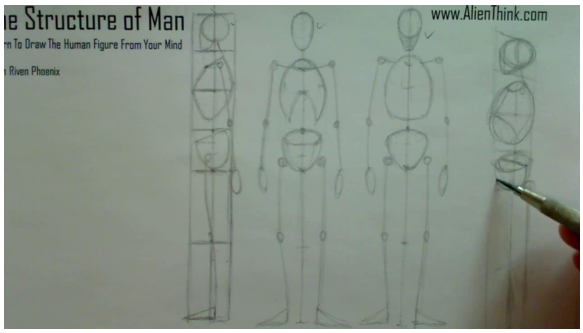
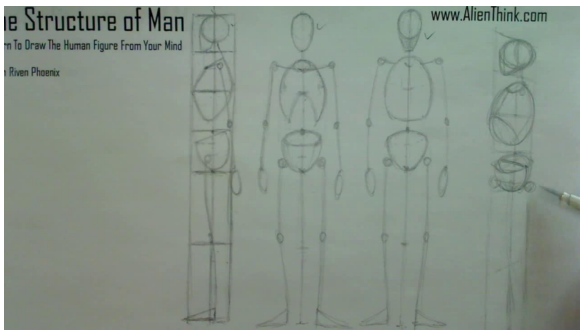
2026 Riven Phoenix and AlienThink.com

165		Well, I mean over here, I see it over here.
166		I see it.
167		How does it go here?
168		Right?

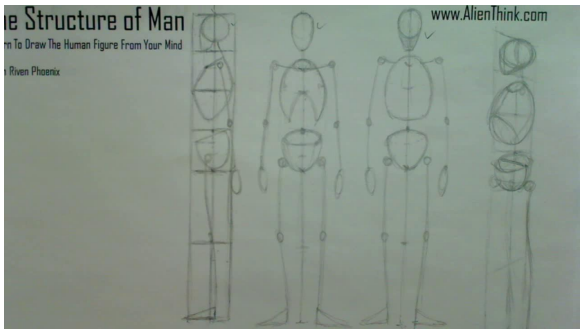
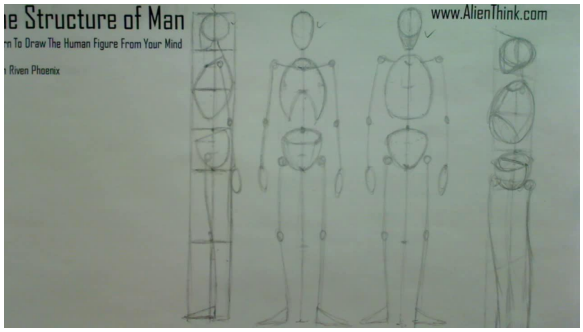
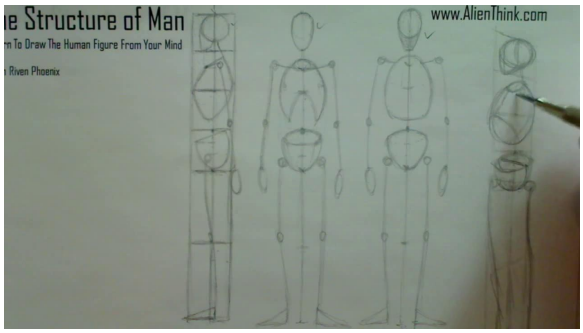
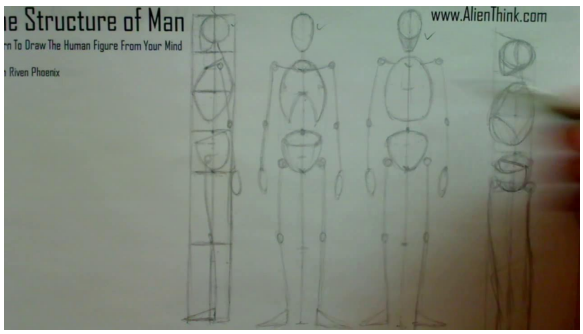
2026 Riven Phoenix and AlienThink.com

169		How do you determine this?
170		We'll just look at this.
171		It's just halfway.
172		So obviously going to be here.

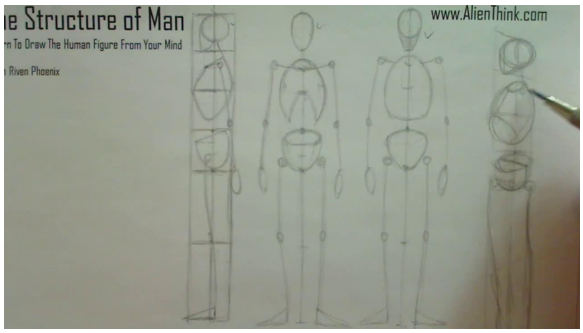
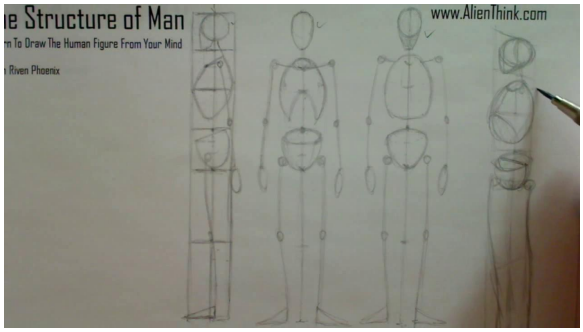
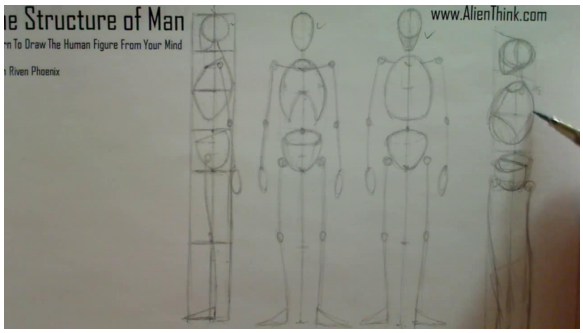
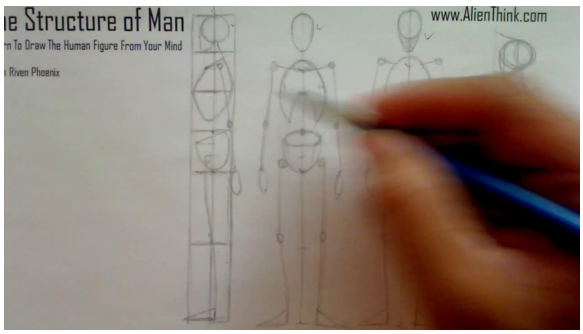
2026 Riven Phoenix and AlienThink.com

173		Right?
174		If we did a line like this and went this way.
175		And on the other side, it's going to be just this way.
176		So meaning that the legs are really just going to be like this.

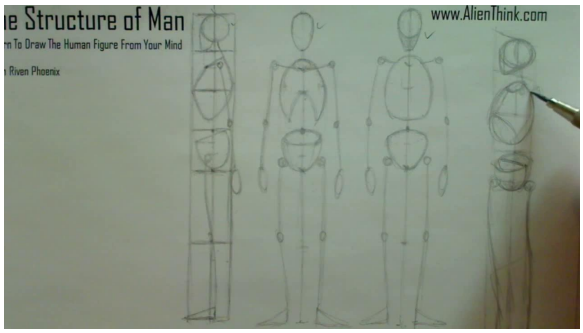
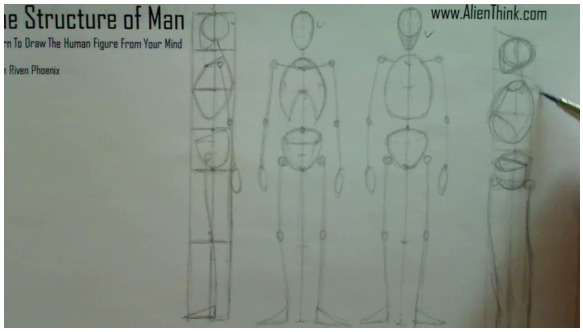
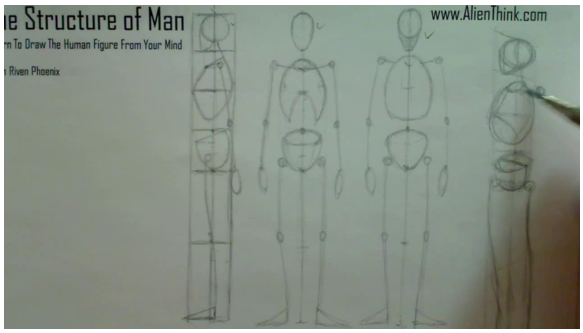
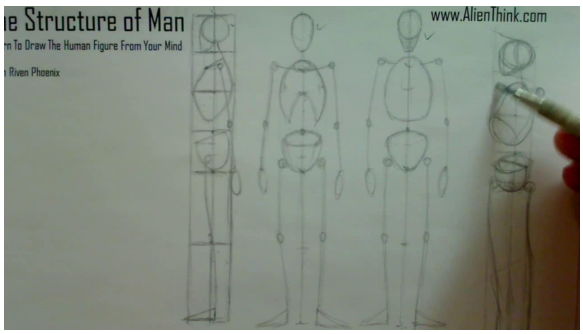
2026 Riven Phoenix and AlienThink.com

177		And we can make like a basic, very basic, rough idea of the figure.
178		The figure in 3D like this.
179		Right?
180		And this obviously, as we have said, it has to be on the back over here.

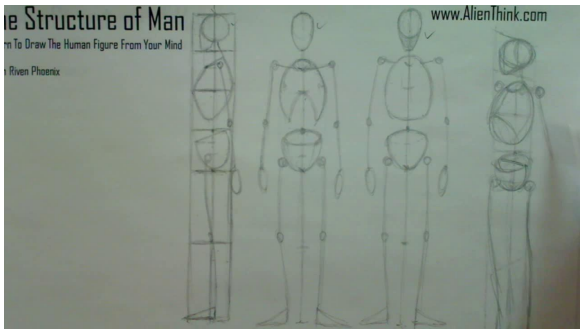
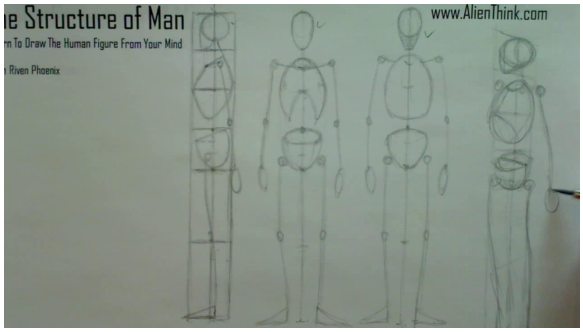
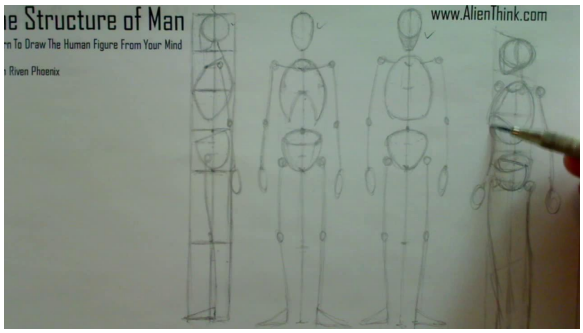
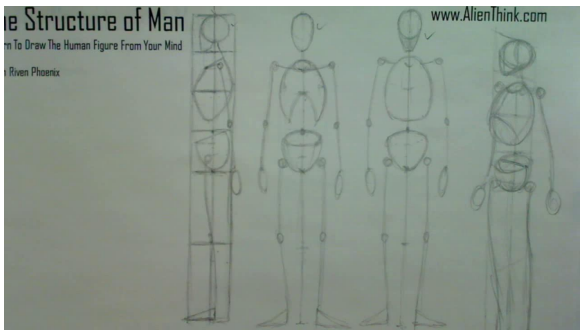
2026 Riven Phoenix and AlienThink.com

181		Right?
182		So it's got to be somewhere here.
183		Right?
184		And it cannot collide.

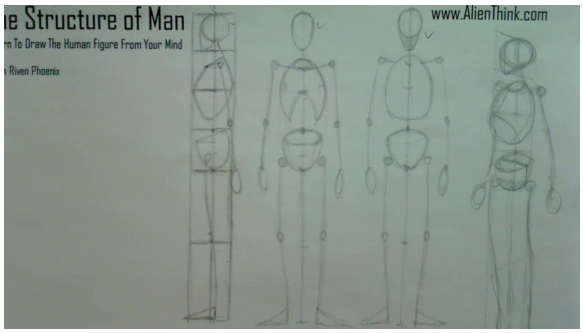
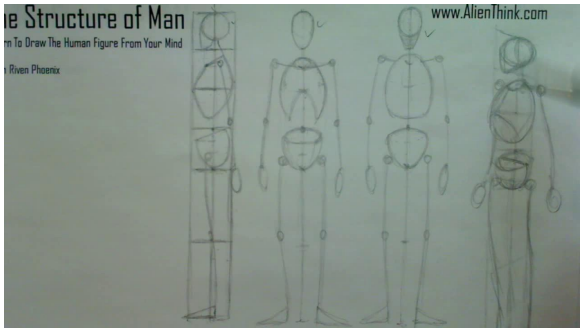
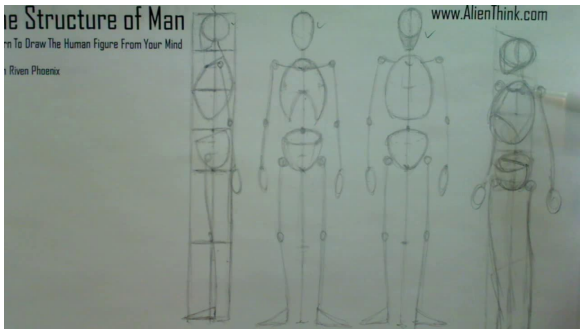
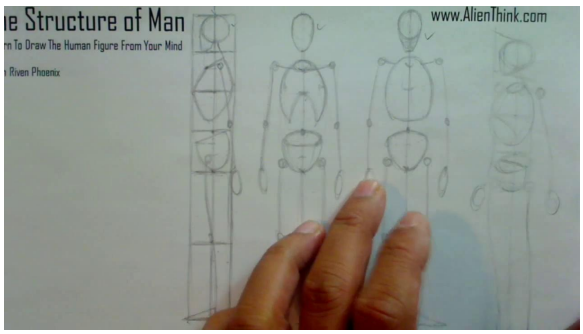
2026 Riven Phoenix and AlienThink.com

185		So you can't put it here.
186		So it's got to be somewhere roughly over here.
187		Right?
188		So we can do the same thing over on the other side.

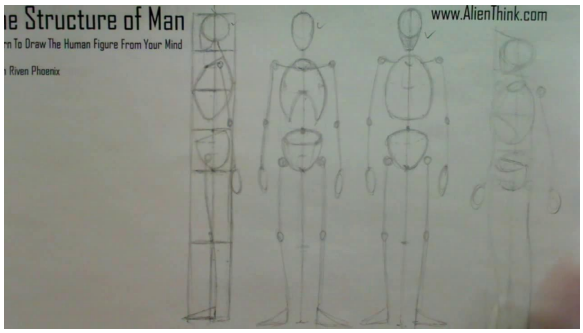
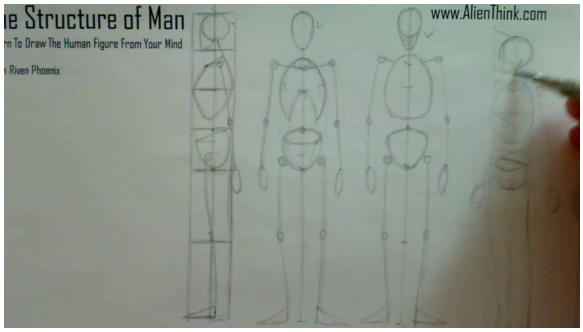
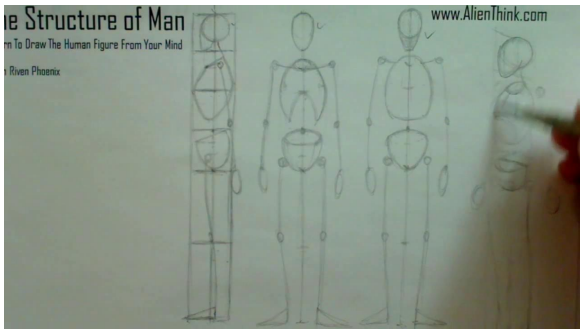
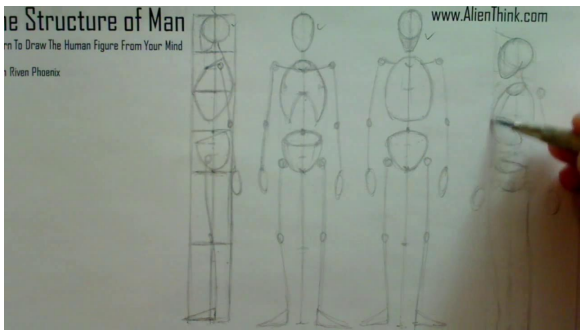
2026 Riven Phoenix and AlienThink.com

189		And then over here, when we draw it in 3D.
190		We can see that all we need to do is do something like this.
191		Right?
192		So once we have that concept down in 3D, we can see that the mind is going through just a little bit of a frustration process

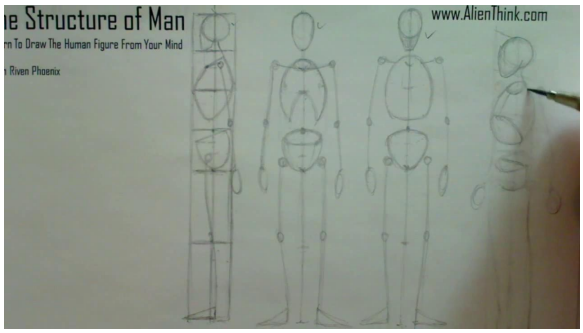
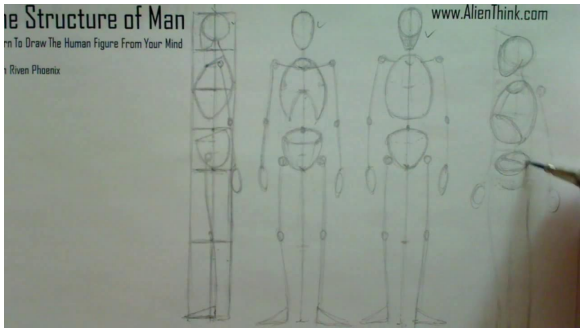
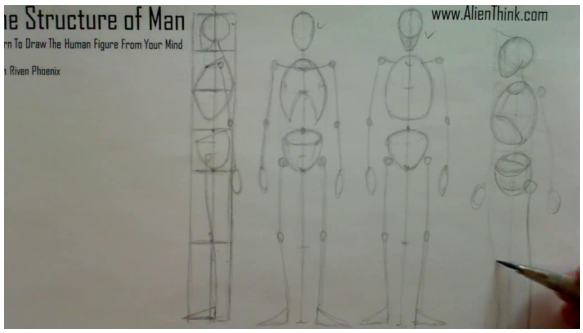
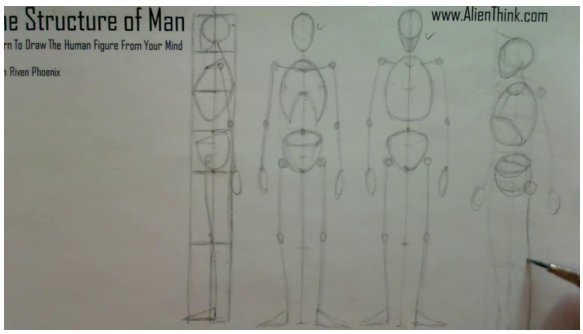
2026 Riven Phoenix and AlienThink.com

193		because it doesn't quite get it.
194		It doesn't quite understand some of the design factors that are needed in 3D dimension understanding.
195		And this is where we need to go through a very detailed process of understanding what is it that we're even drawing.
196		Right?

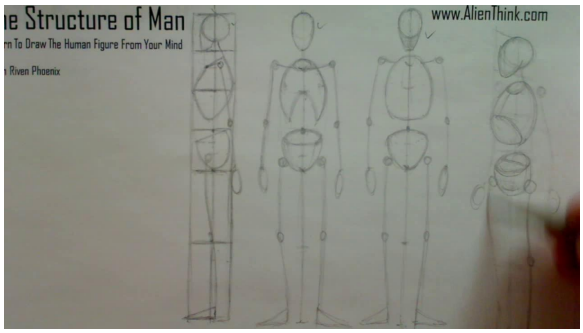
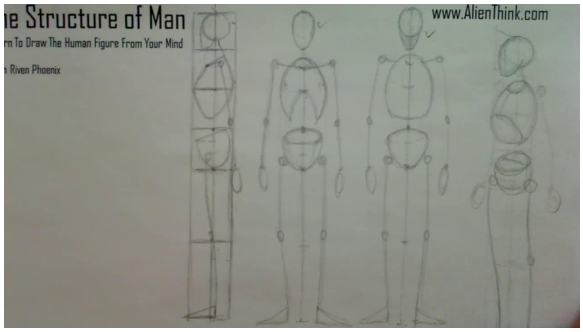
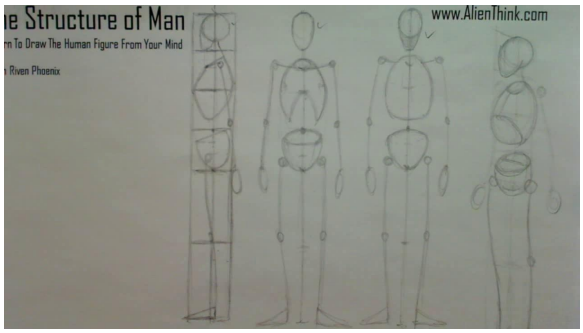
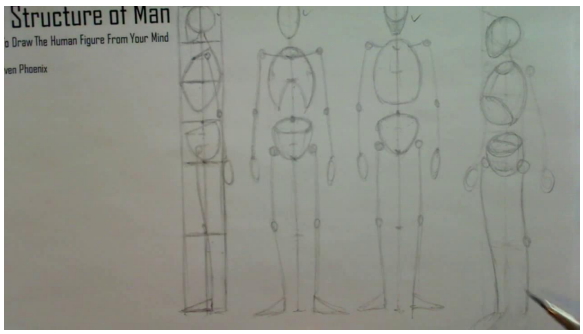
2026 Riven Phoenix and AlienThink.com

197		So if I now, I'm going to erase this, now I'm going to make this nice and clean.
198		So really, I can now just look at these lines here and just look at, okay.
199		But I really wanted to do it this way.
200		Right?

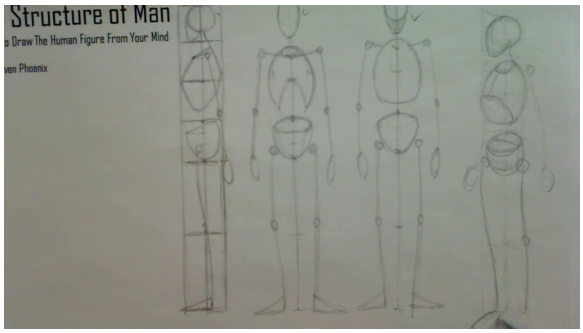
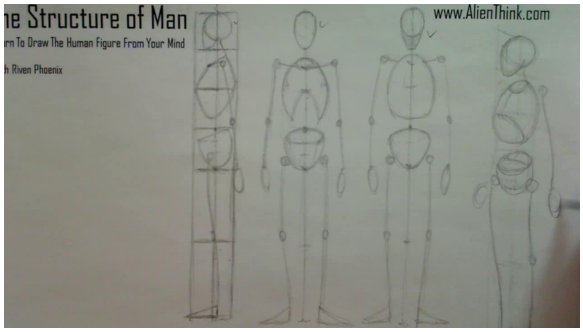
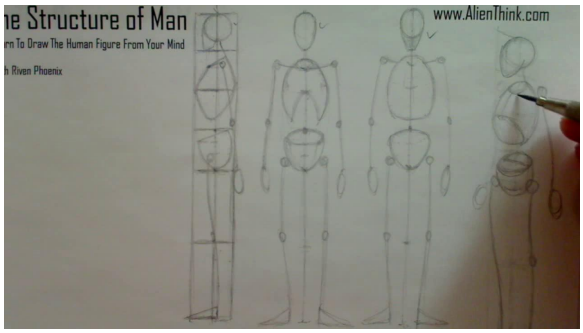
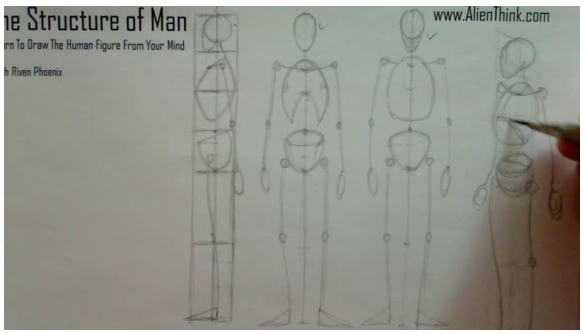
2026 Riven Phoenix and AlienThink.com

201		Because then I'm looking at the anomalies that are left behind in my original drawing that I did.
202		And now I'm just going to clean up some of these ideas and really just make this.
203		And here is the line for the knee.
204		So obviously, you're going to be above this.

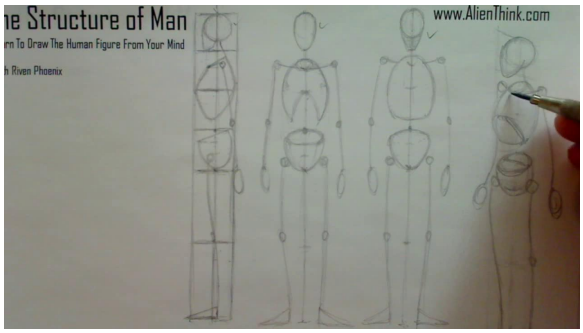
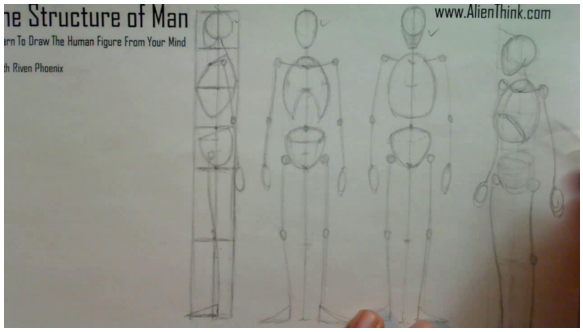
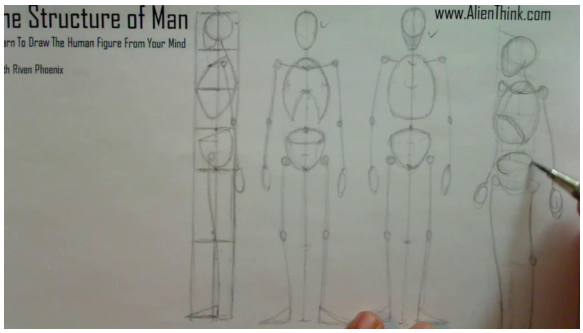
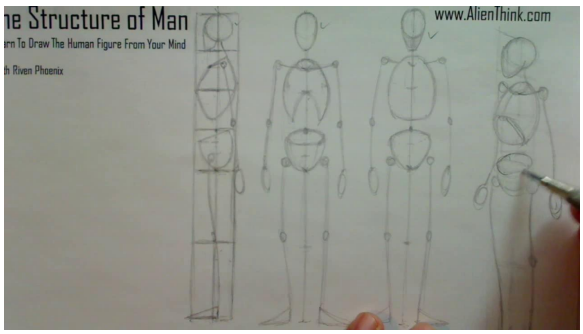
2026 Riven Phoenix and AlienThink.com

205		Just like this.
206		Right?
207		And over here, we can clean this up a little bit more for the feet.
208		That's what I'm drawing over here.

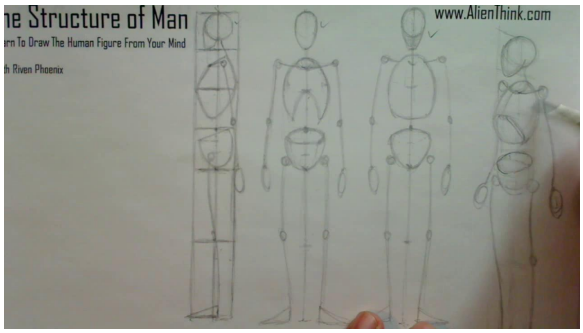
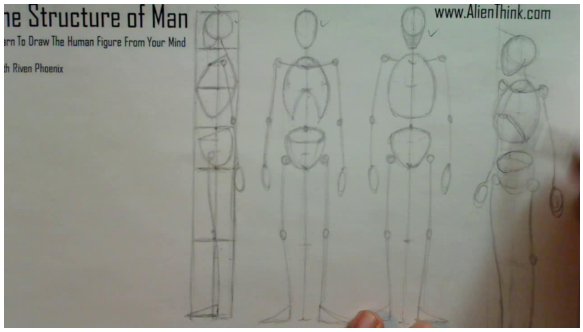
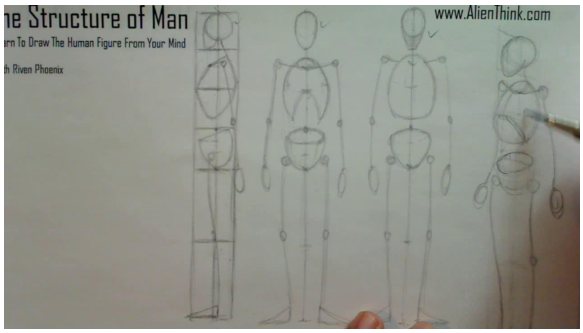
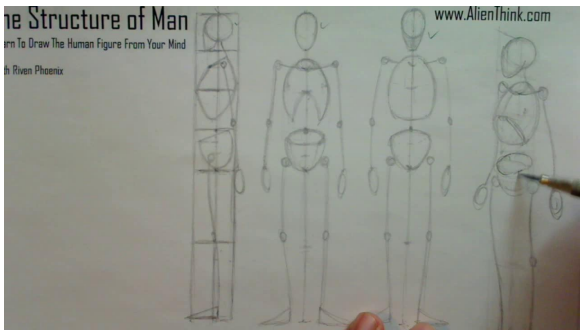
2026 Riven Phoenix and AlienThink.com

209		For the feet, I'm just going to make them just these ball like these oval shapes here.
210		It's for the hand.
211		And this is where the clavicle is going to be over here.
212		Right?

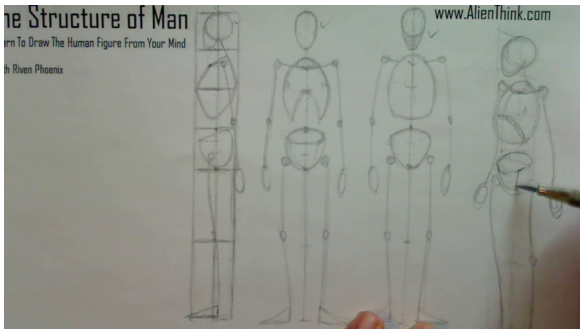
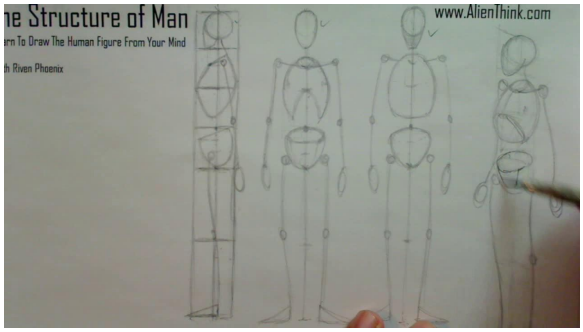
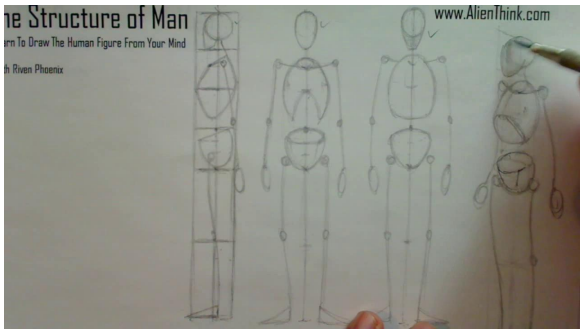
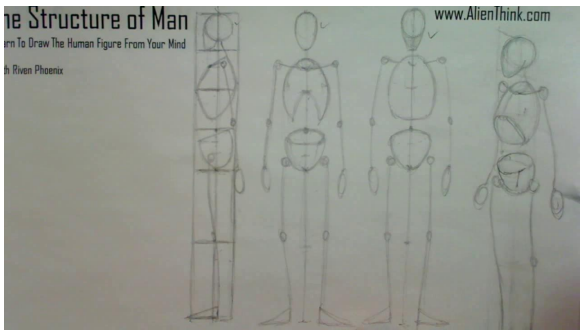
2026 Riven Phoenix and AlienThink.com

213		And this is over here.
214		When we draw this out, like this.
215		Right?
216		This is where the love handles supposed to be.

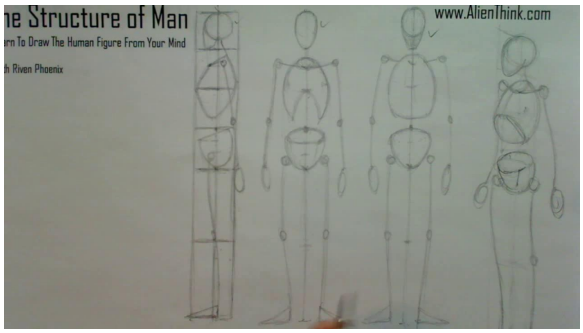
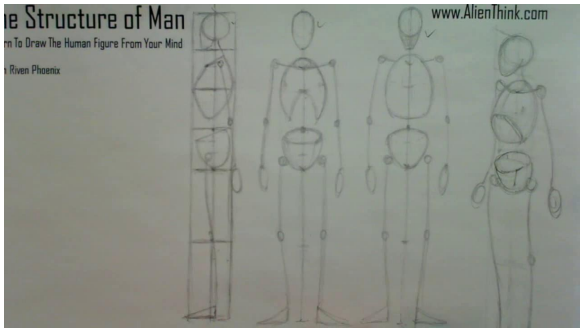
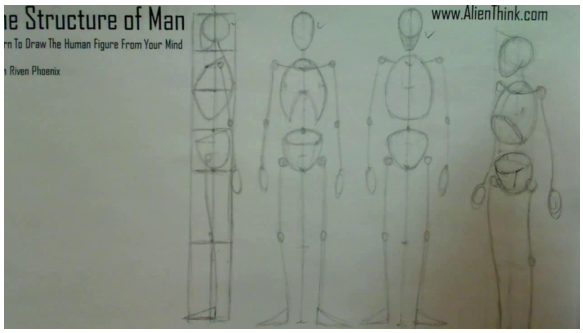
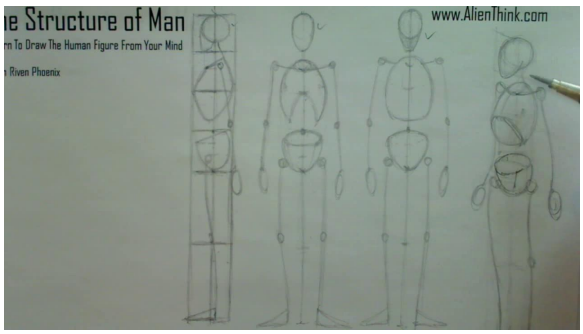
2026 Riven Phoenix and AlienThink.com

217		Right?
218		If the, if the needle is here, if we drew that line out, we know that the,
219		it's going to be roughly around here.
220		And this is where the love handles should be.

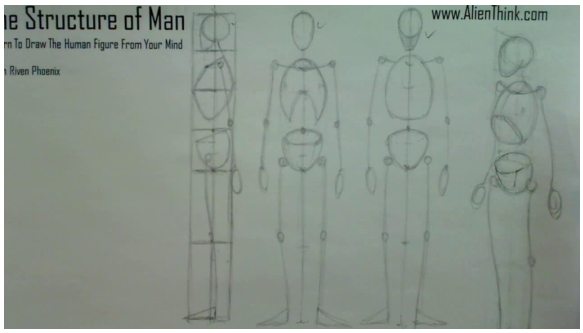
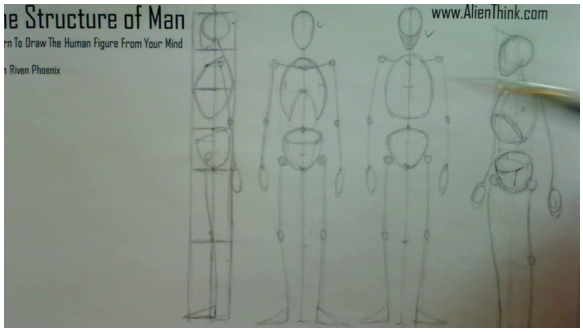
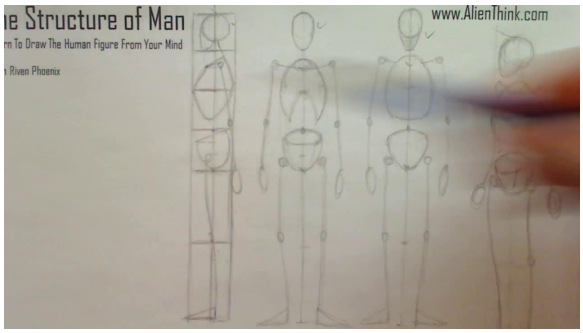
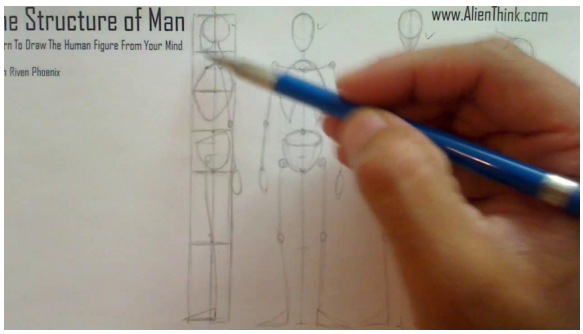
2026 Riven Phoenix and AlienThink.com

221		Right?
222		So you can see that when we draw it, it's just a rough, rough sketch.
223		Right?
224		But we pretty much winged it.

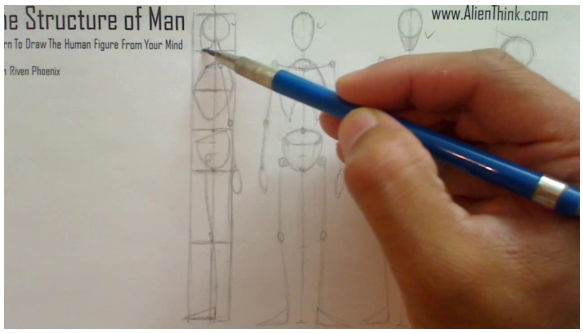
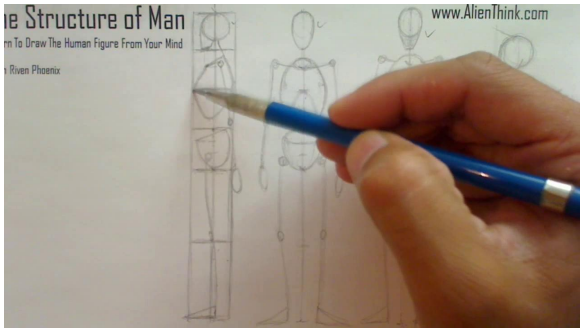
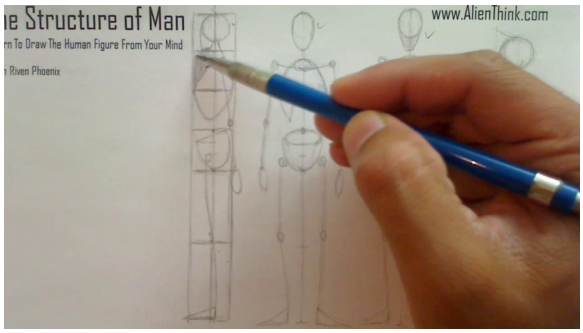
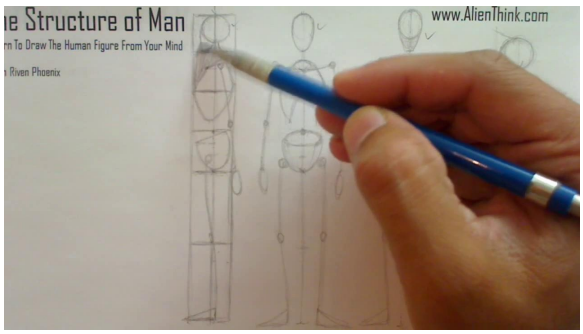
2026 Riven Phoenix and AlienThink.com

225		And we got to understand how to draw it in 3D.
226		So once we have this down, all we need to do is now train the mind to understand,
227		okay, what was with the things that it really should have understood?
228		Right?

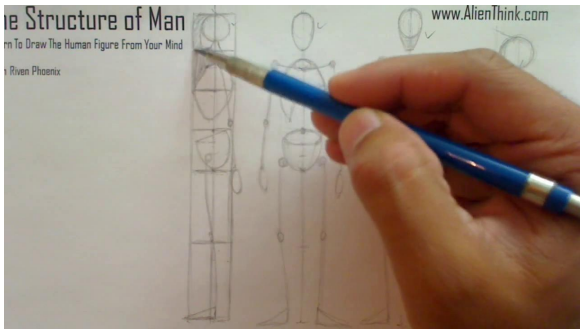
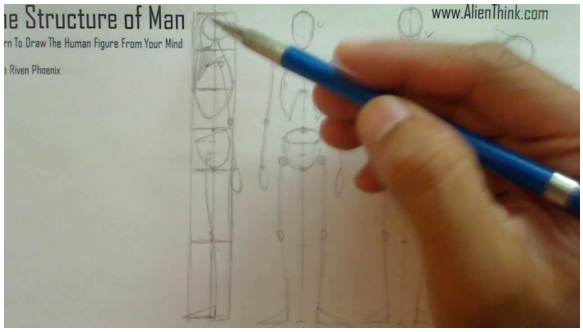
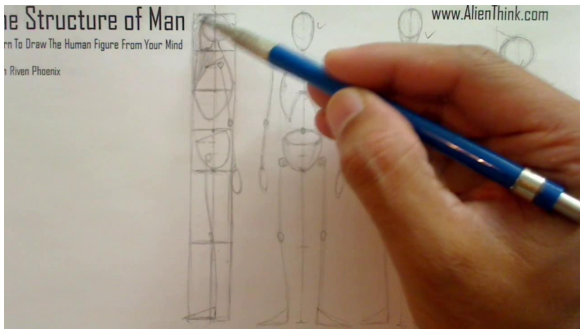
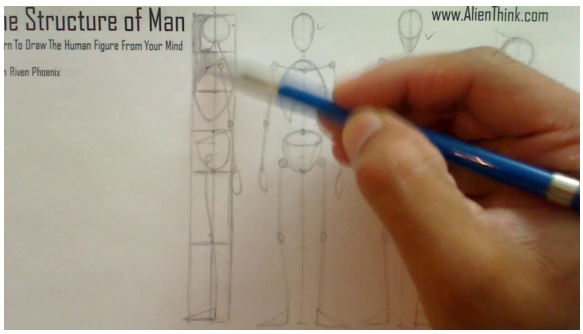
2026 Riven Phoenix and AlienThink.com

229		We got it to look in 3D.
230		So if you look at this, right?
231		I'm going to make you notice something here.
232		Really important is that if you look at where the jaw is, right?

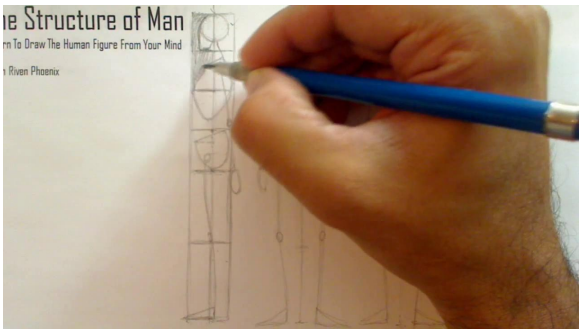
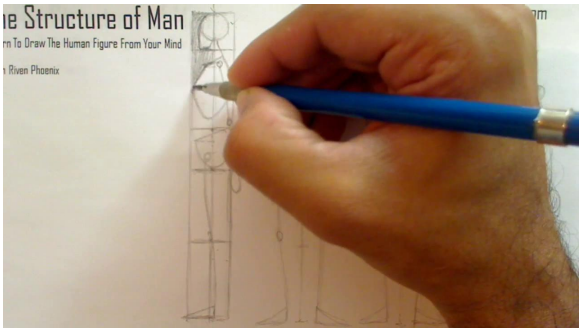
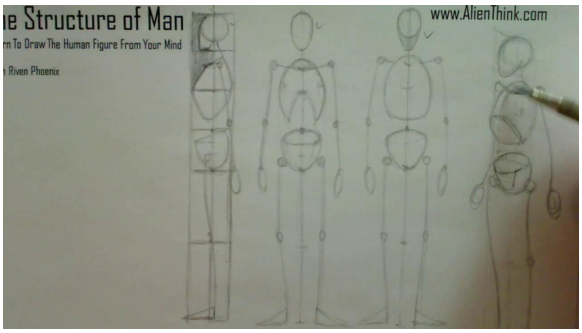
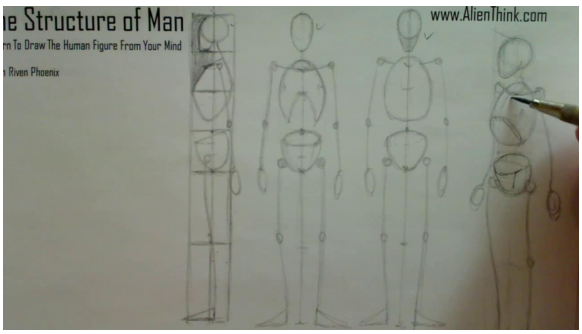
2026 Riven Phoenix and AlienThink.com

233		This is the jaw in here.
234		If I just shade this in, I'm going to shade all this in here.
235		Okay?
236		And then look at this space here.

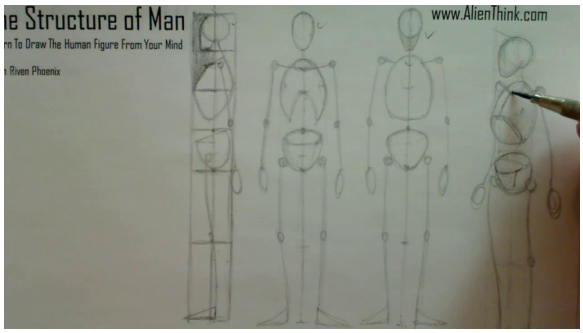
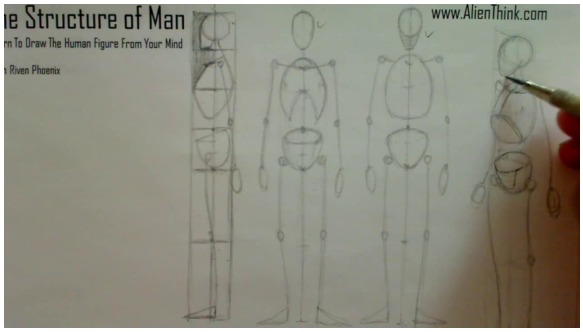
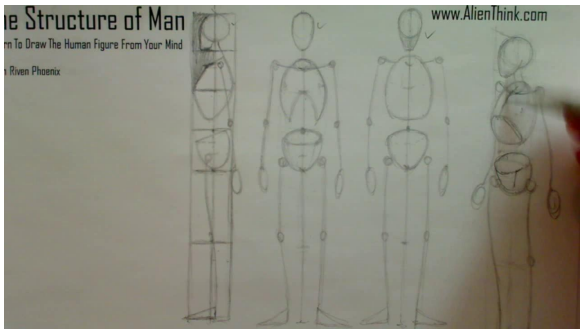
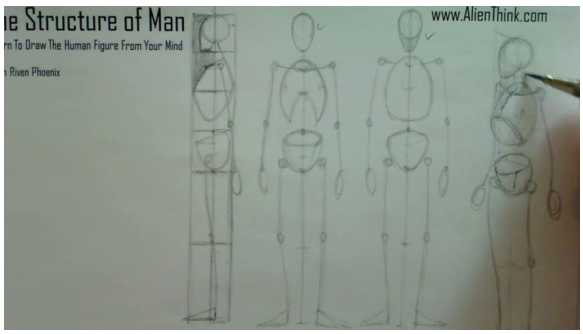
2026 Riven Phoenix and AlienThink.com

237		Look at the negative space.
238		Look at this negative space here.
239		If we just looked at the black area here.
240		How this is in the front over here, right?

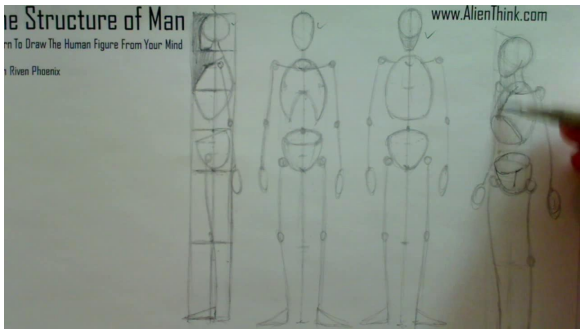
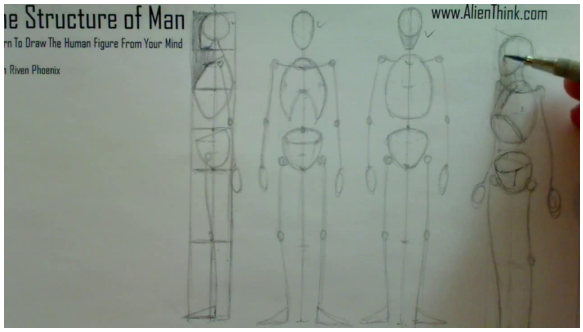
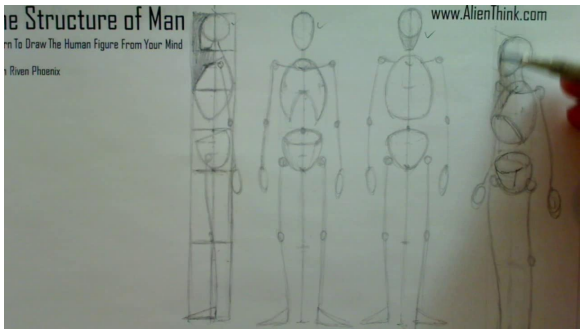
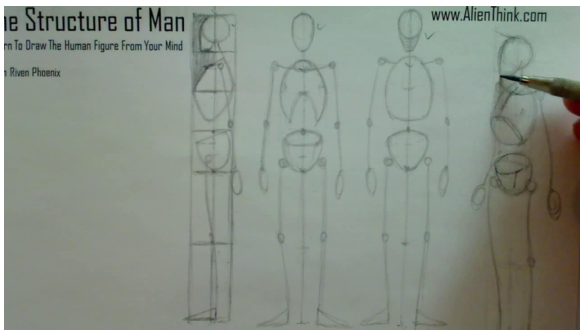
2026 Riven Phoenix and AlienThink.com

241		There's a line over here like this.
242		Here goes here.
243		So now you should know that when you're drawing it in 3D,
244		you've got to have that negative space over here also.

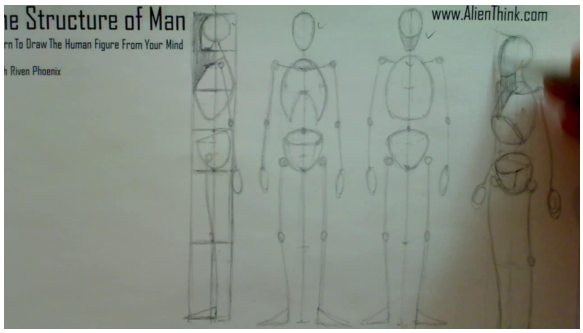
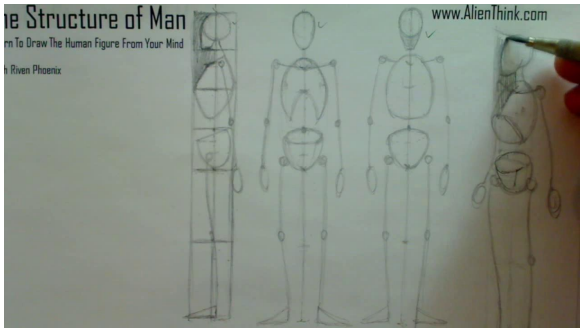
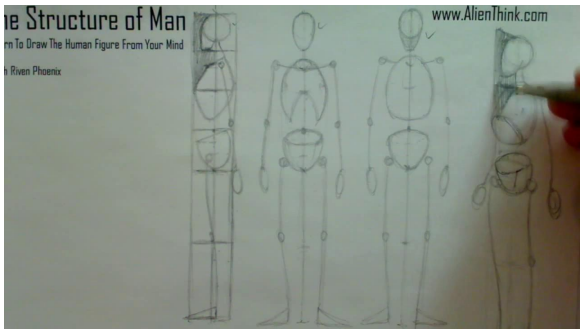
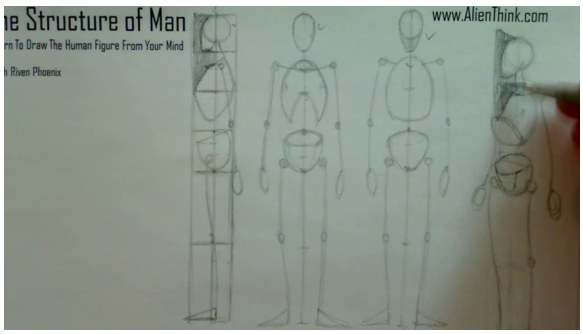
2026 Riven Phoenix and AlienThink.com

245		It's got to exist, right?
246		In this dimensional drawing.
247		So we know that that's what pushes the head out.
248		And this is always at an angle.

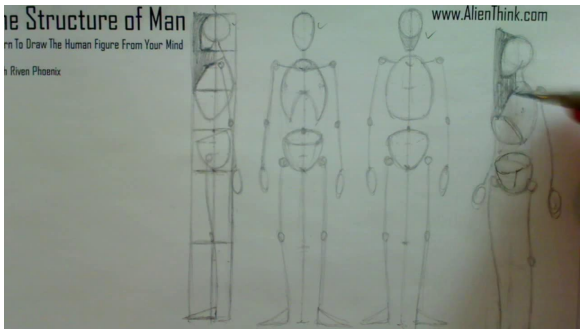
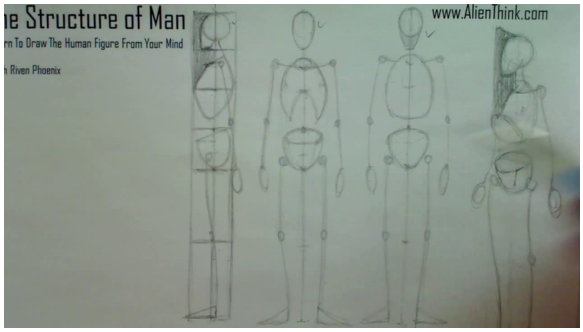
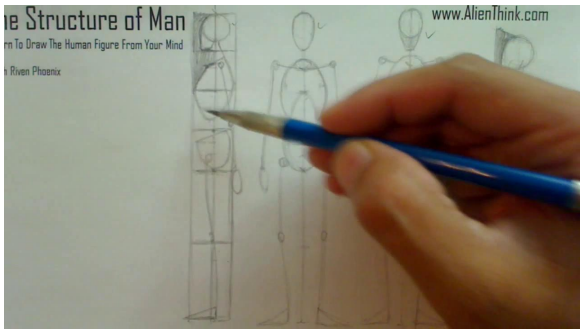
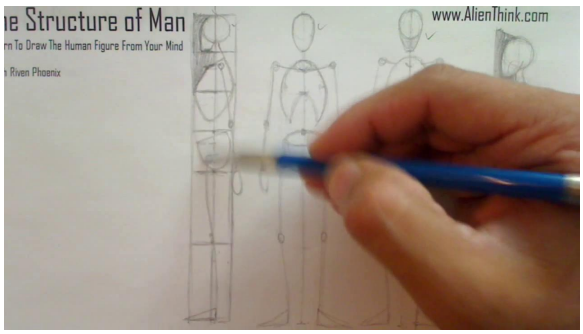
2026 Riven Phoenix and AlienThink.com

249		And we always have to understand that there's a space here.
250		Right?
251		So if I go like this in the whole thing,
252		see, all of this is just a negative space.

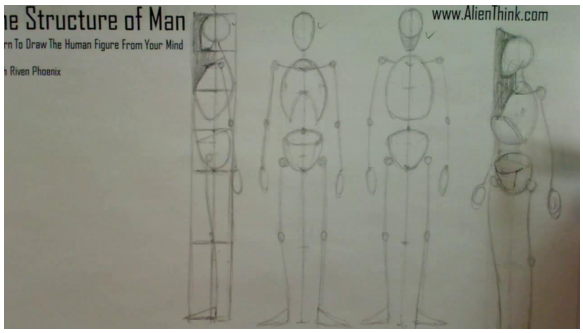
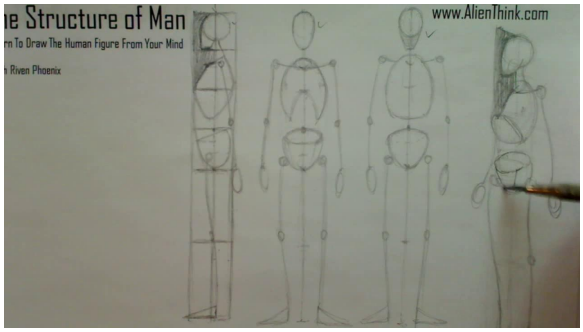
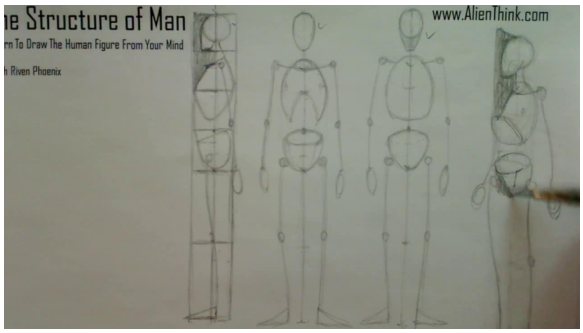
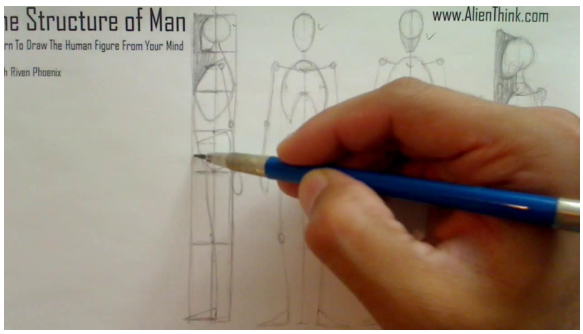
2026 Riven Phoenix and AlienThink.com

253		If I just made the lines go like this.
254		If I cut right through it.
255		Right?
256		So this is a technique to help the mind to see.

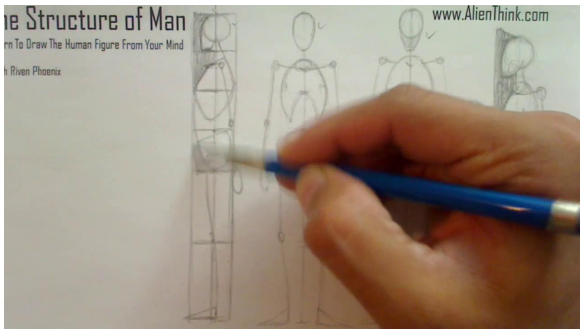
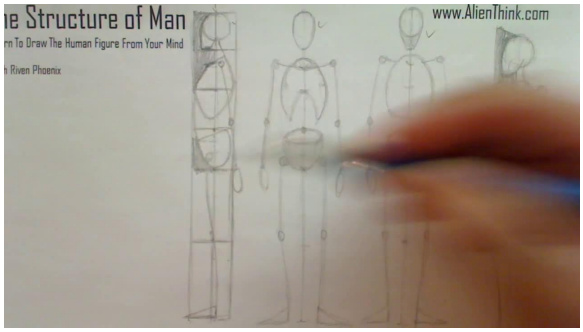
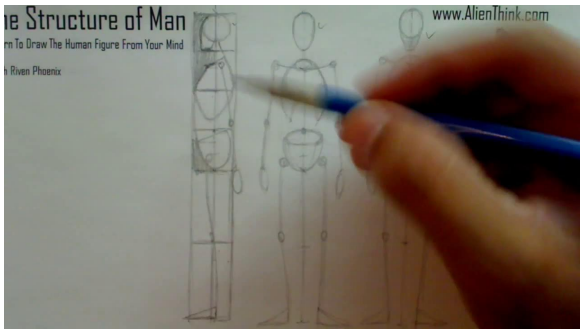
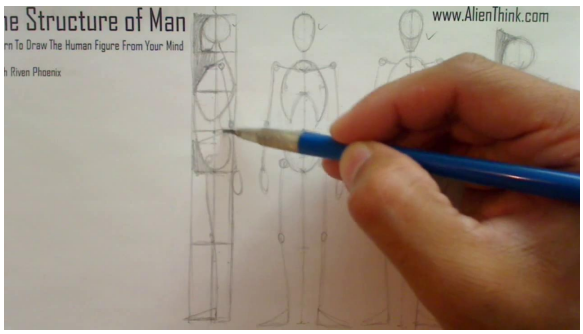
2026 Riven Phoenix and AlienThink.com

257		What it means to understand when it's drawing this in free hand.
258		Right?
259		And over here, we said,
260		we really just need to do an imaginary line.

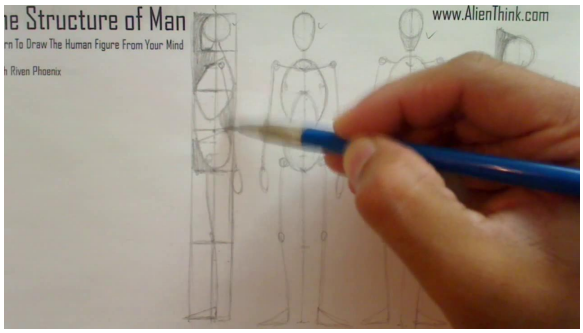
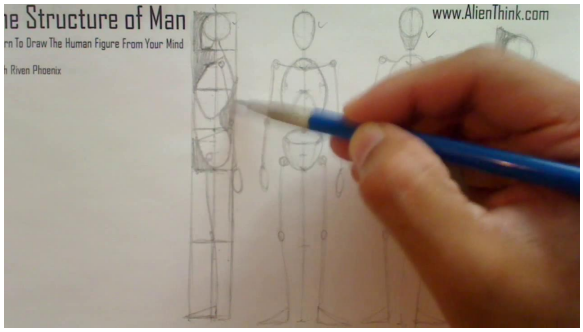
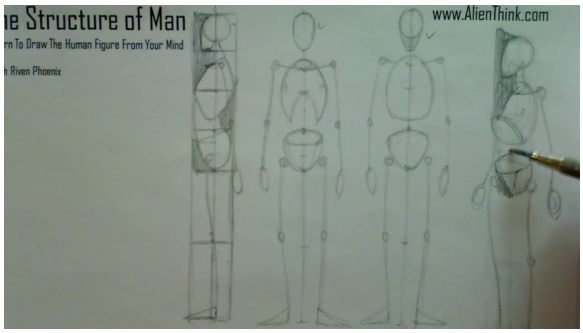
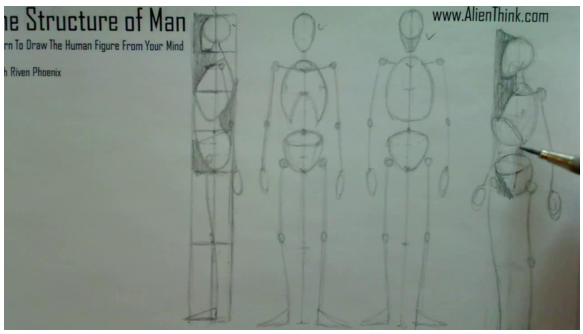
2026 Riven Phoenix and AlienThink.com

261		So when we do this,
262		we know that there's also a negative space right here.
263		Right?
264		There's a negative space right here.

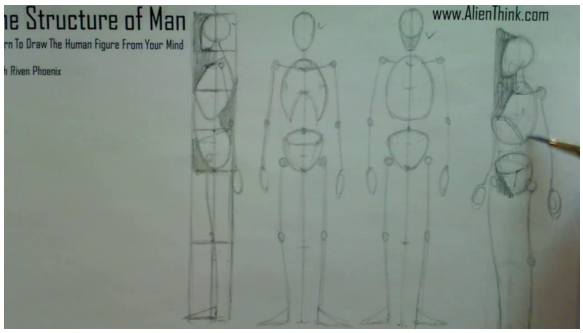
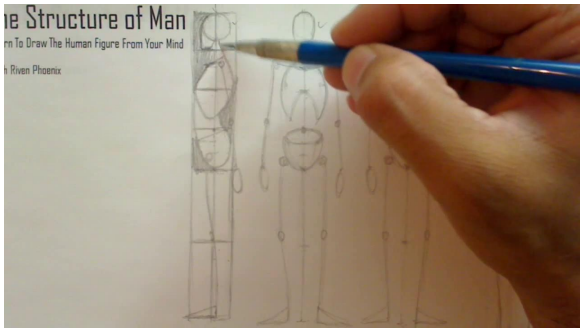
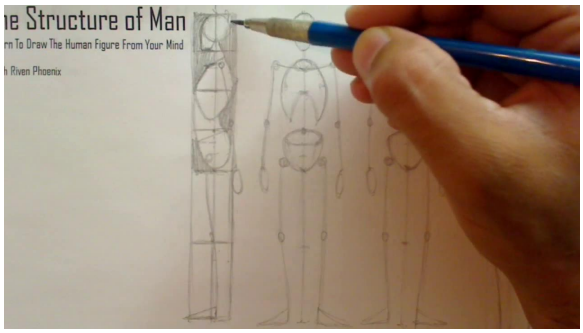
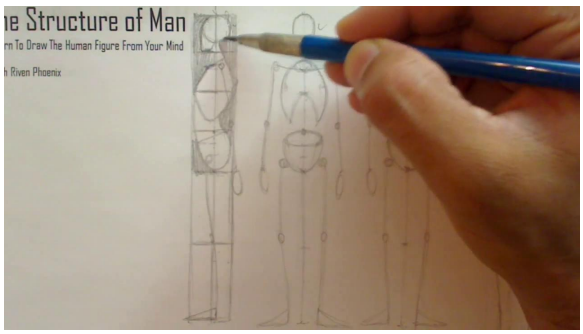
2026 Riven Phoenix and AlienThink.com

265		So you know that this guy here is going to curve into the cross.
266		Curve into the cross.
267		And here for the back,
268		where this is, right?

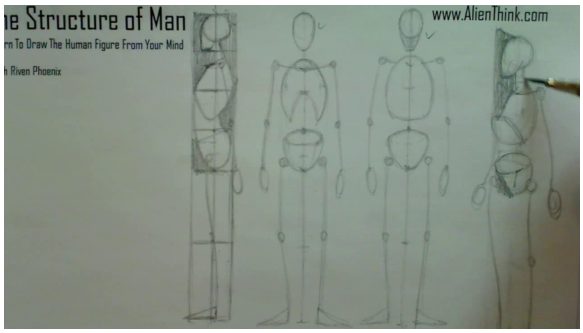
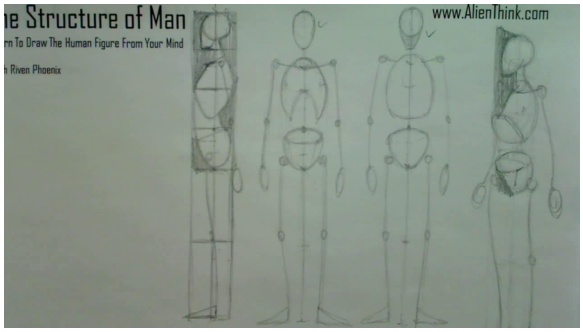
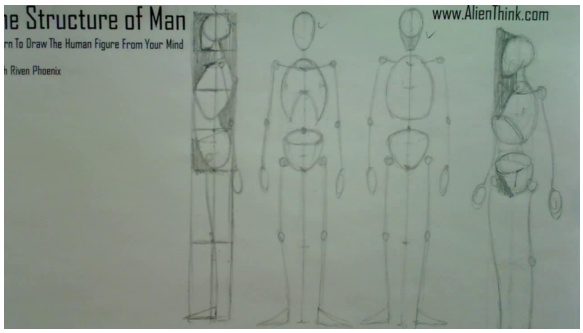
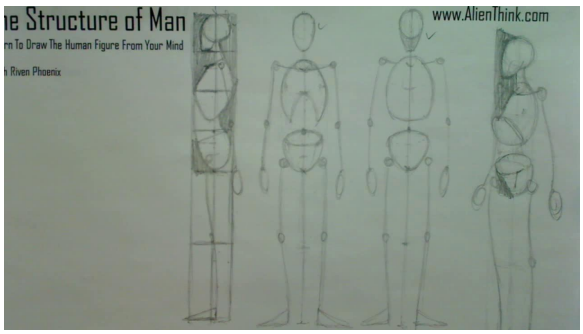
2026 Riven Phoenix and AlienThink.com

269		If I look at this back here,
270		I know that from the back view,
271		I'm going to get that curve in the back,
272		which I'm not going to draw it here.

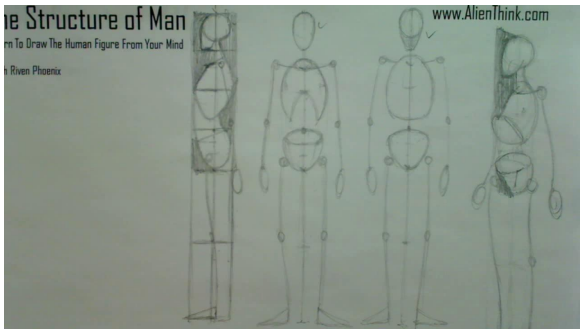
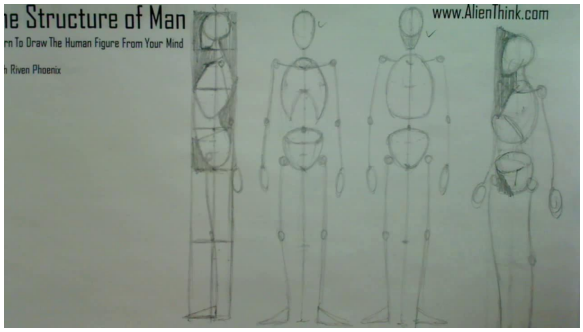
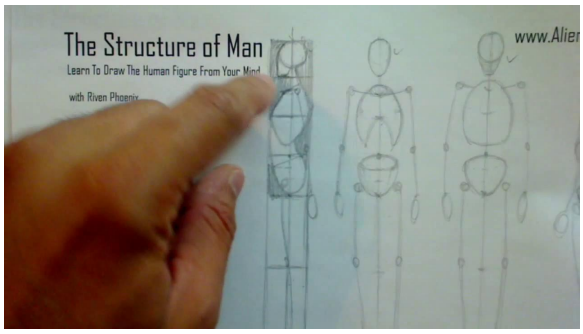
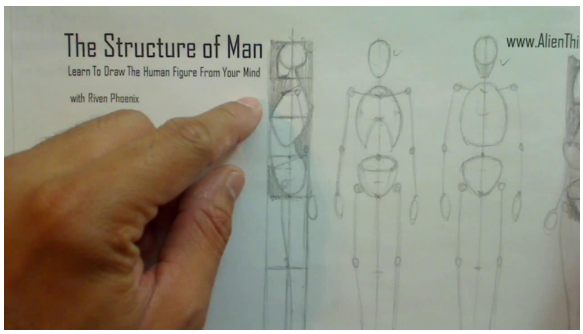
2026 Riven Phoenix and AlienThink.com

273		But this helps you to understand how this is all working in 3D.
274		And if you look at this area here,
275		just examine it on your drawing.
276		That over here from the back,

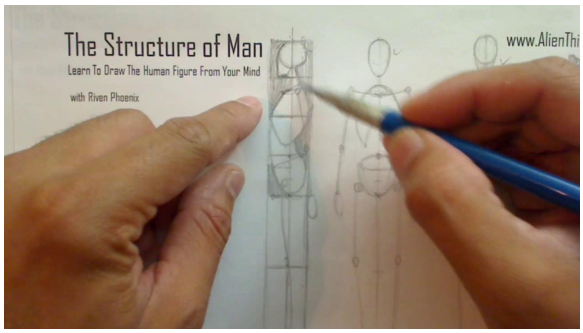
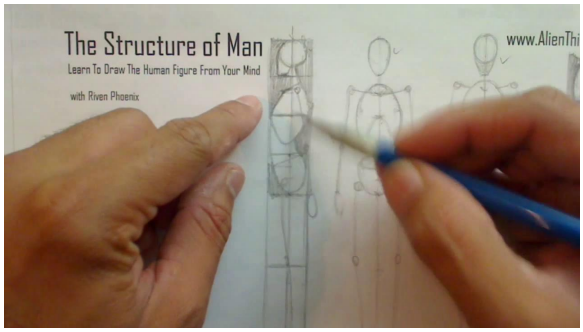
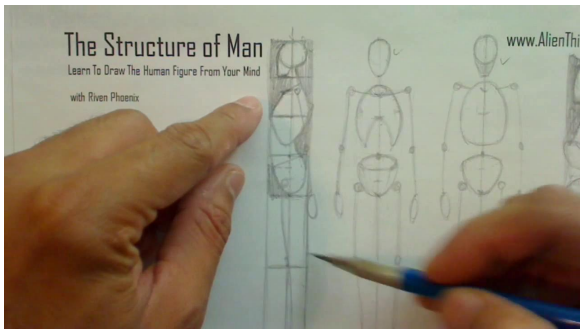
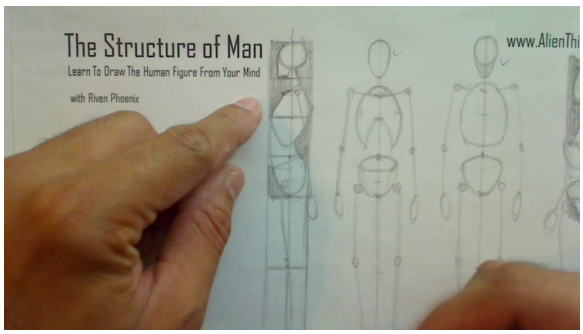
2026 Riven Phoenix and AlienThink.com

277		it's going to be like this.
278		Right?
279		So what this means is that now when we draw its free hand,
280		without really measuring anything out,

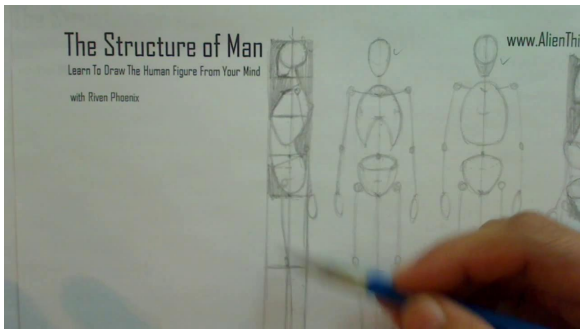
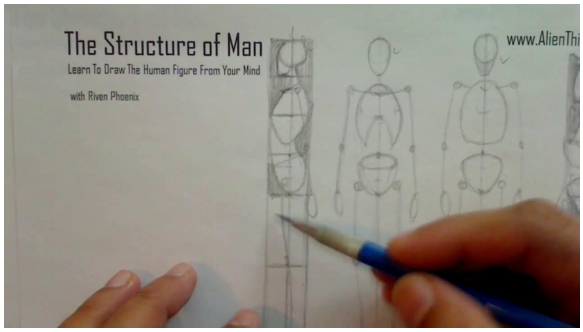
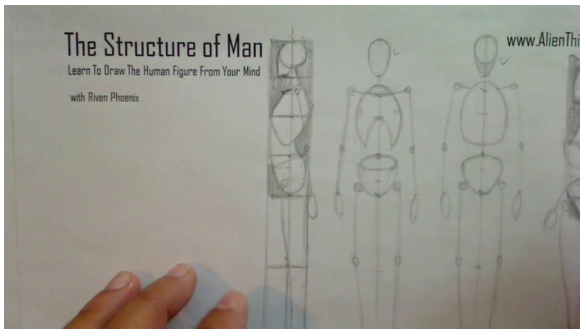
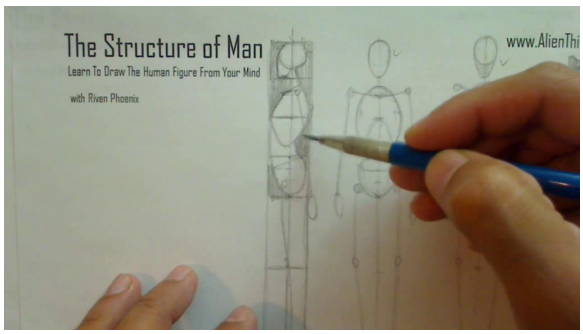
2026 Riven Phoenix and AlienThink.com

281		with any grades or really anything,
282		we should be able to draw this figure in 3D without much effort
283		because we understand this negative space here.
284		Right?

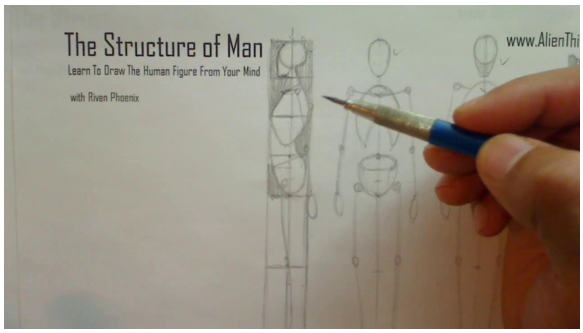
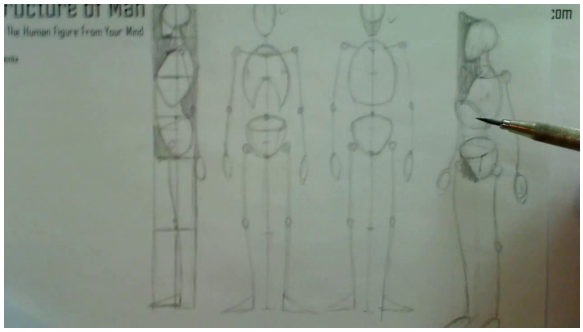
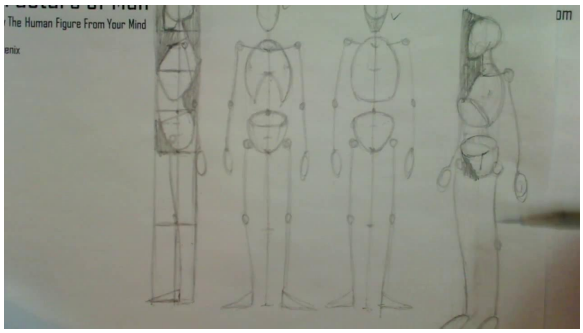
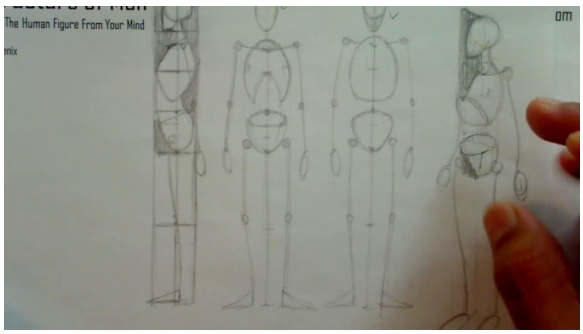
2026 Riven Phoenix and AlienThink.com

285		There's a negative shape here, here, here.
286		These are like these fundamental key concepts.
287		We don't have to worry about this because,
288		well, this doesn't matter.

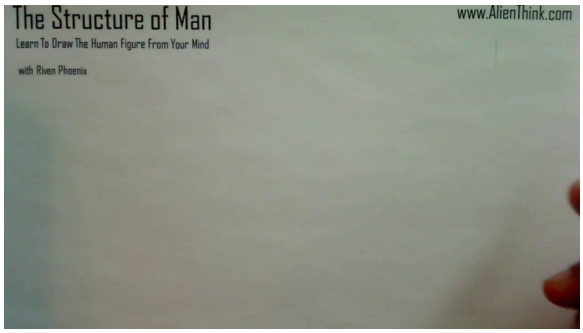
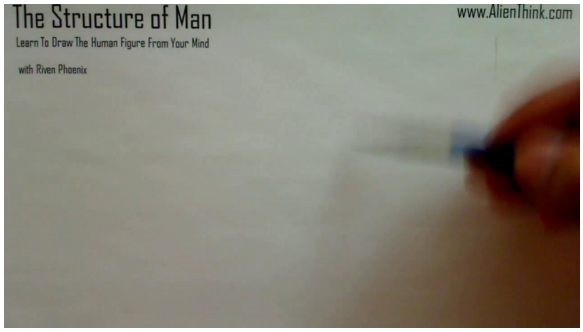
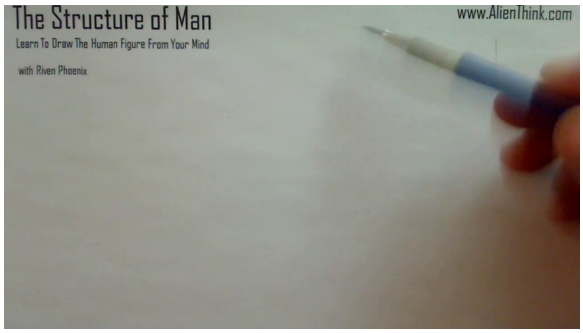
2026 Riven Phoenix and AlienThink.com

289		Right?
290		Because when we do the muscles,
291		they will understand anyways.
292		But these are the fundamental areas here to understand

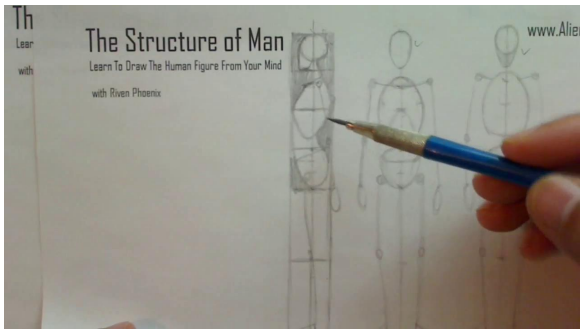
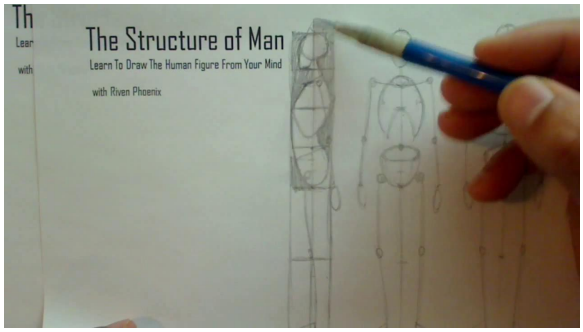
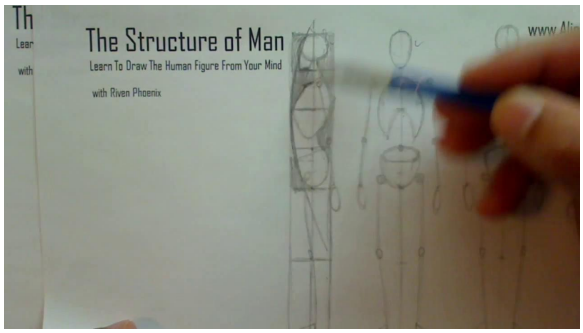
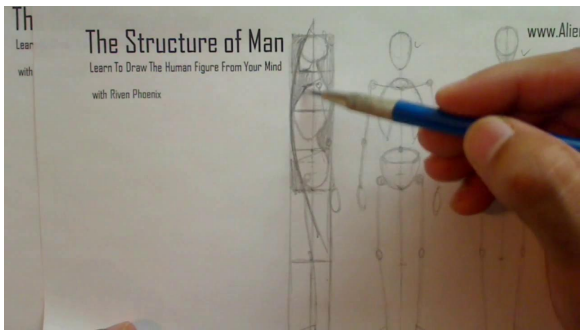
2026 Riven Phoenix and AlienThink.com

293		when drawing your toolkit in 3D.
294		Right?
295		We already trained the mind to see how to take a 2D drawing
296		and turn it into 3D.

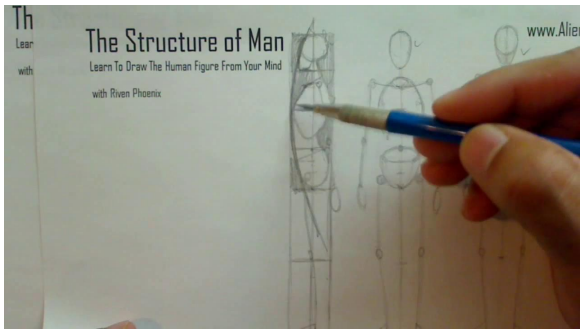
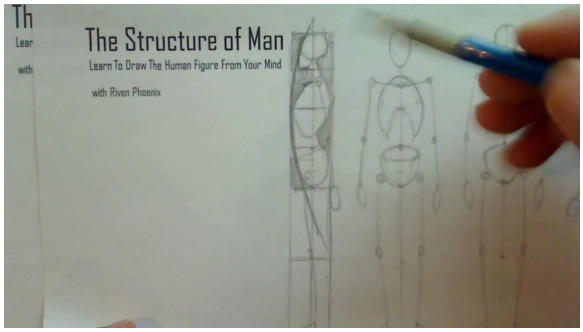
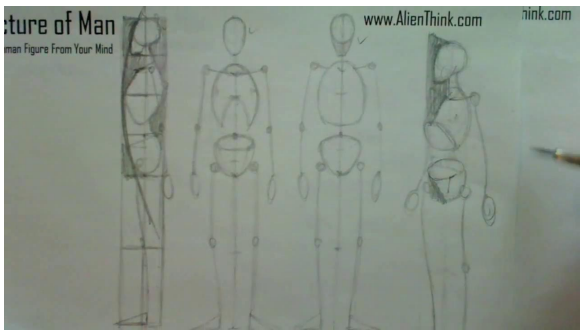
2026 Riven Phoenix and AlienThink.com

297		So now let's test this out.
298		So now the question is,
299		how do I draw it in 3D without making a straight line?
300		Well, we can look at this and just say,

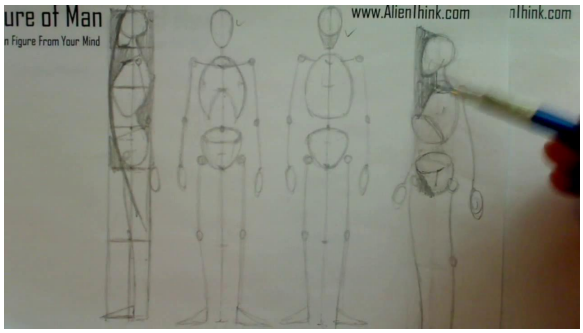
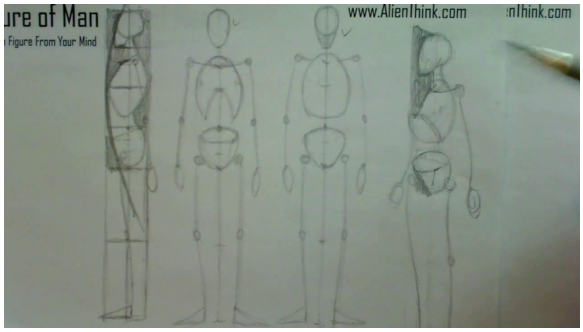
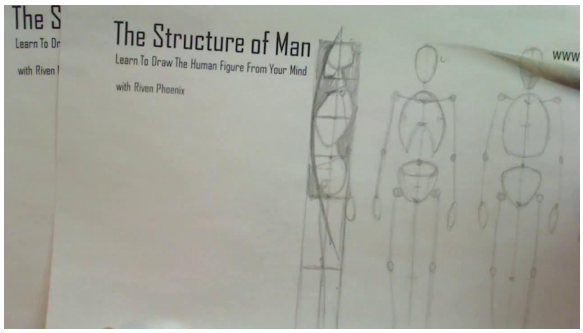
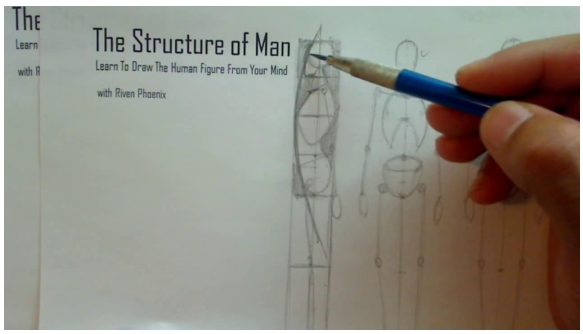
2026 Riven Phoenix and AlienThink.com

301		well, I mean, look at where this line is.
302		So if you just drew this line like this,
303		a line like this,
304		you know that you're going to get the face here

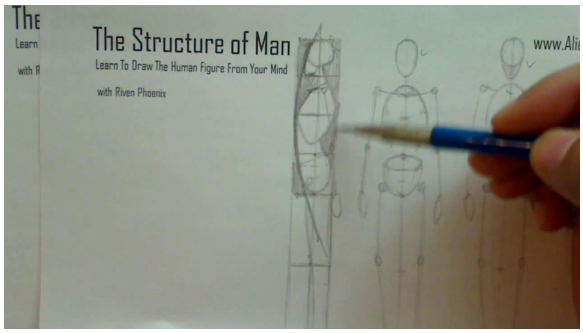
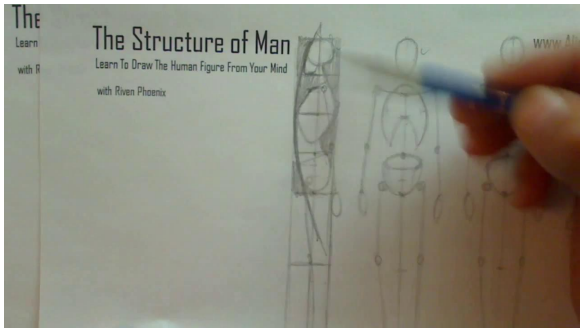
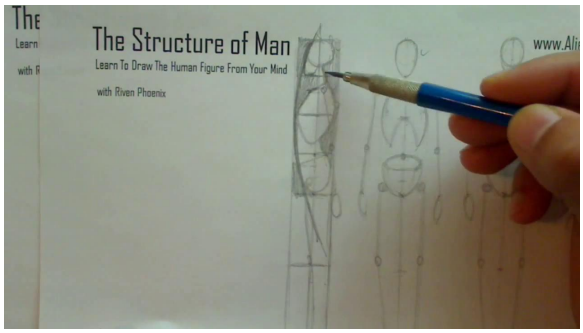
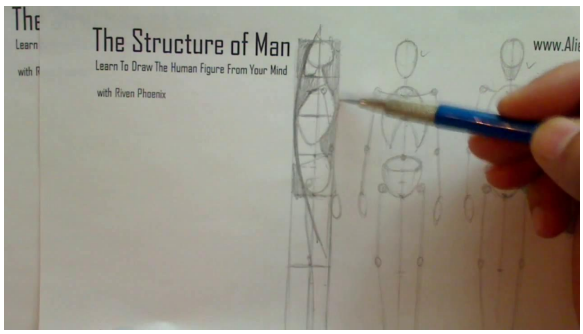
2026 Riven Phoenix and AlienThink.com

305		and the chest cavity over here.
306		Now, again, when we,
307		when you're going through this exercise
308		that I'm going to show you next,

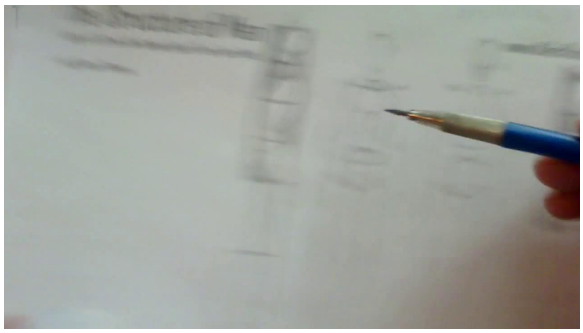
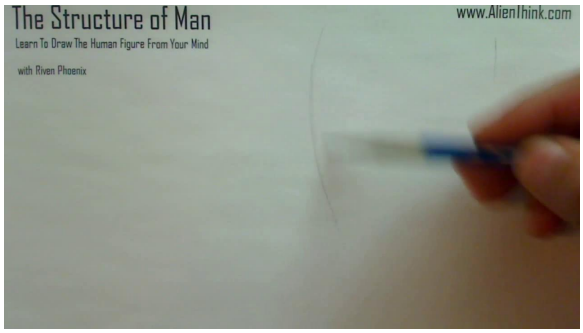
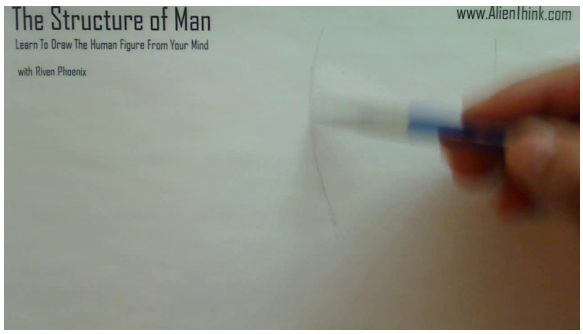
2026 Riven Phoenix and AlienThink.com

309		it's really just drawing it out
310		and just looking at the lesson over and over.
311		This section of the lesson,
312		but it's really this line here.

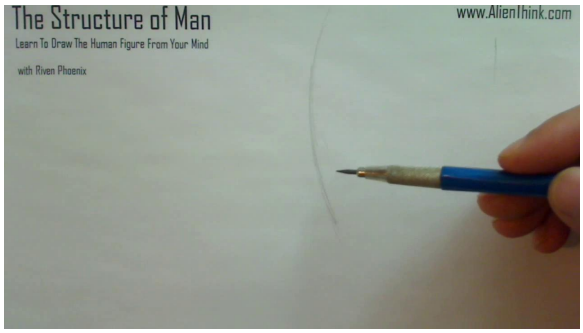
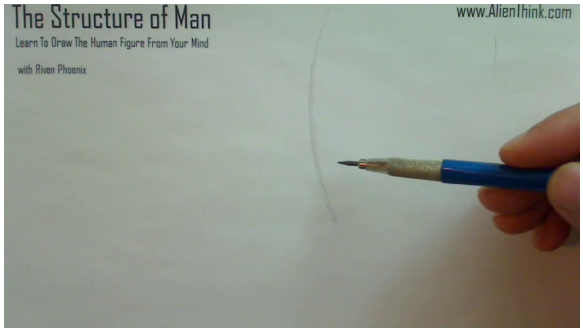
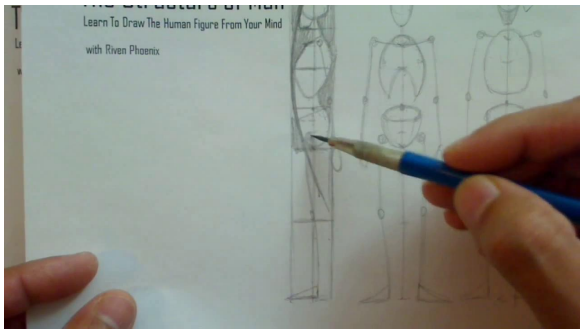
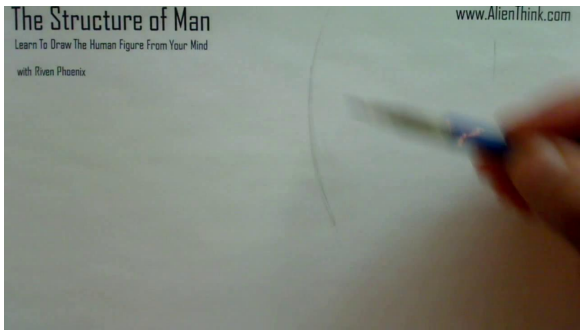
2026 Riven Phoenix and AlienThink.com

313		I don't have to worry about any of this
314		because I know how this curves.
315		Right?
316		I just looked at the negative space.

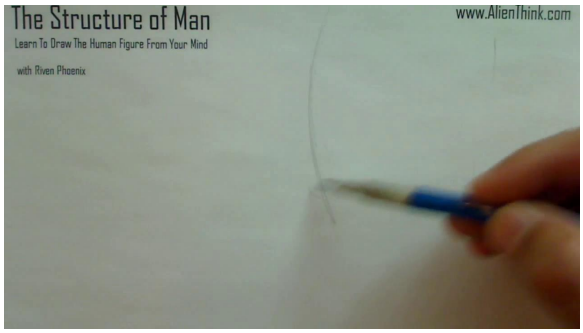
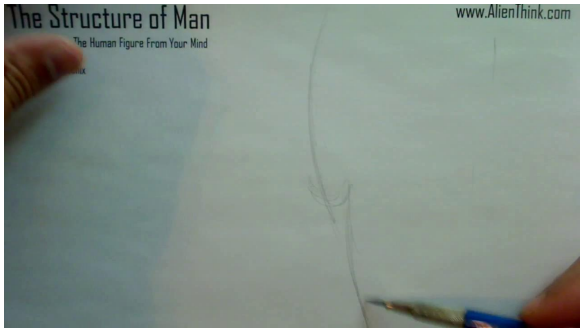
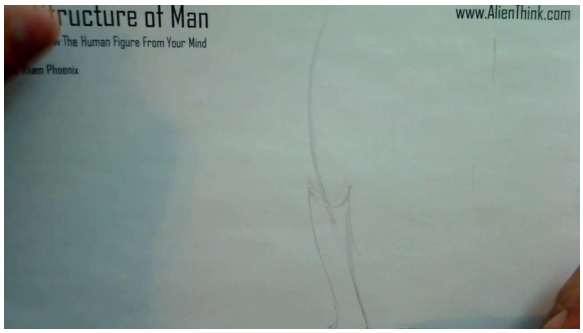
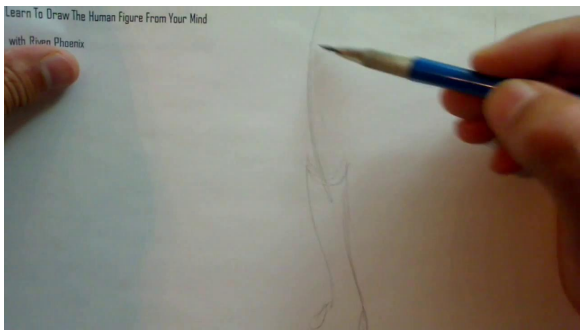
2026 Riven Phoenix and AlienThink.com

317		Right?
318		So if I drew this, I could just do like a curve here.
319		Right?
320		If I drew a curve here,

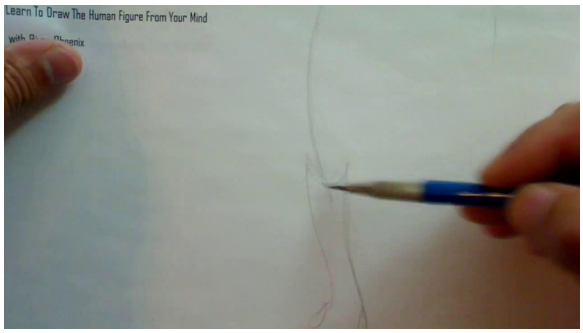
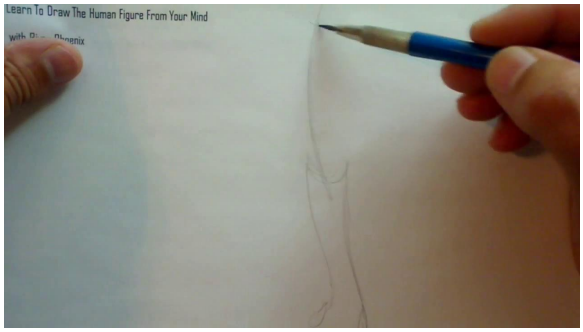
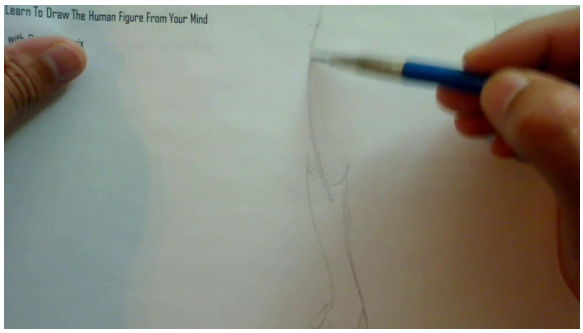
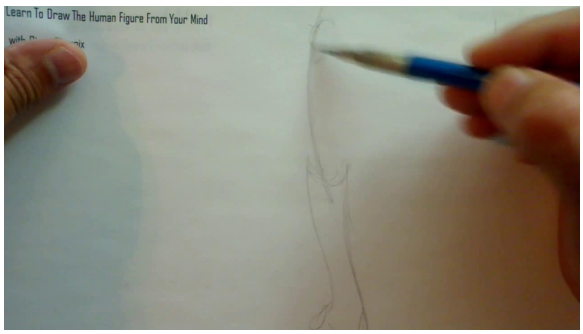
2026 Riven Phoenix and AlienThink.com

321		just like this,
322		I can look that this is where
323		half of this is just the legs anyways.
324		Right? So when I draw it like this,

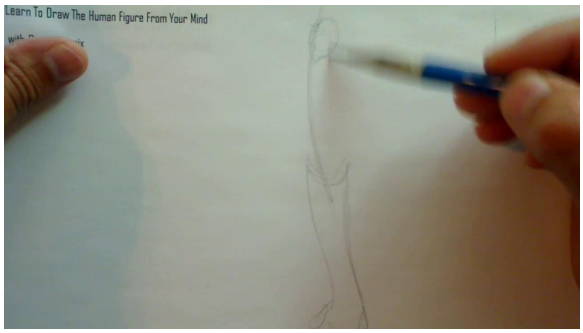
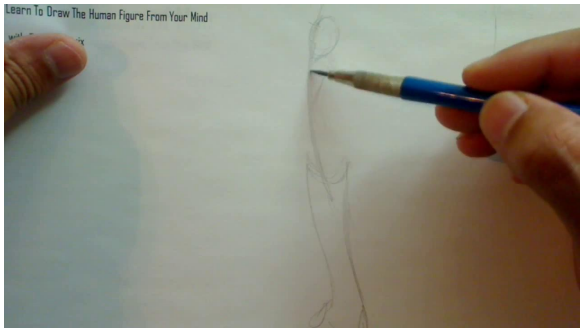
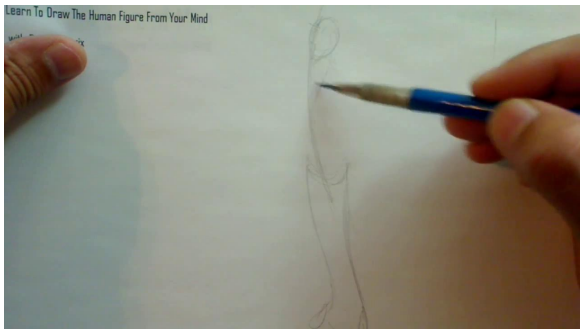
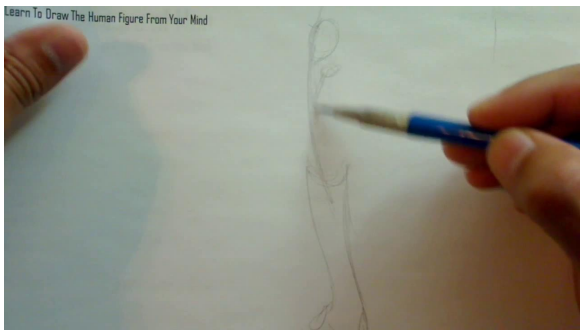
2026 Riven Phoenix and AlienThink.com

325		I can just do the legs in this way here.
326		I'm going to do this drawing a little more smaller.
327		But let me just show you that this is what I did over here.
328		You know, over here,

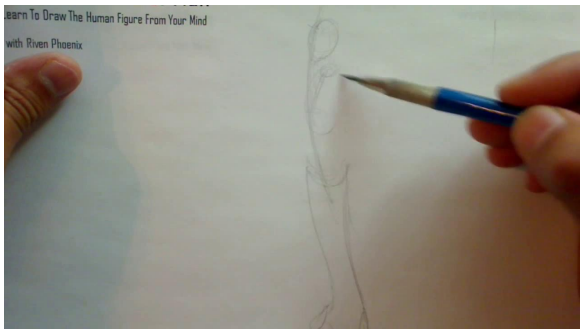
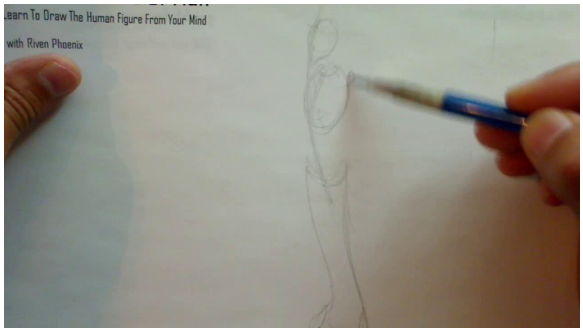
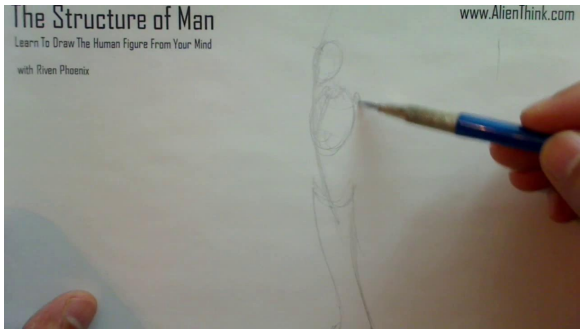
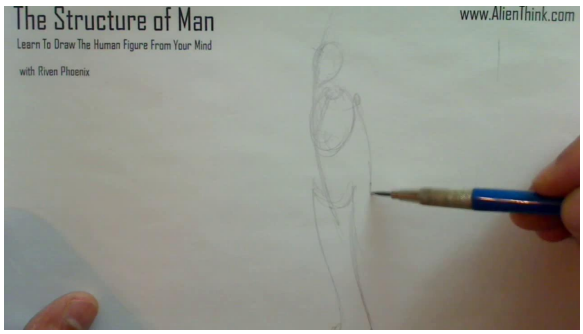
2026 Riven Phoenix and AlienThink.com

329		I can just look at this.
330		This is the height.
331		Right? I know that the head is going to be here, obviously.
332		Right? If the head is going to be here,

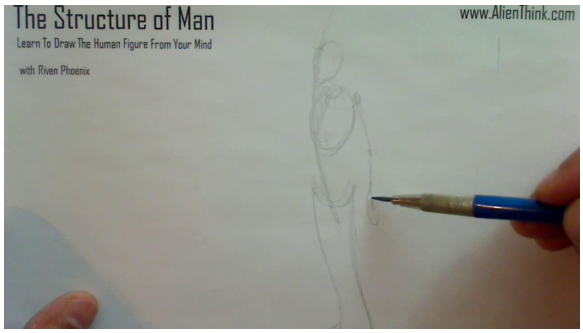
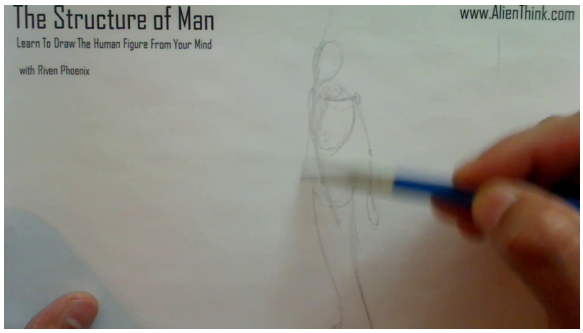
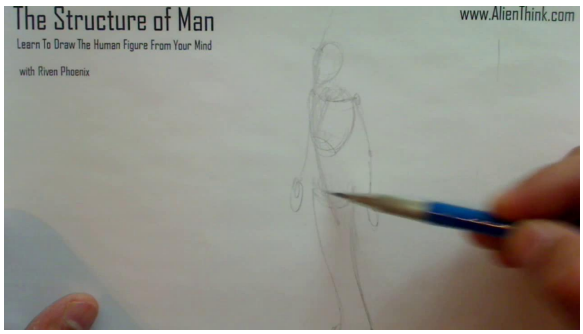
2026 Riven Phoenix and AlienThink.com

333		I know that the chest,
334		I have, right?
335		It's the negative space over here.
336		And that's it, really.

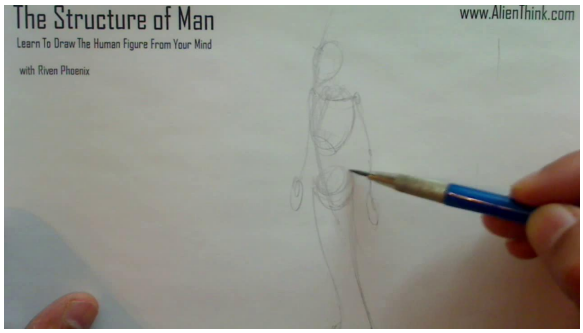
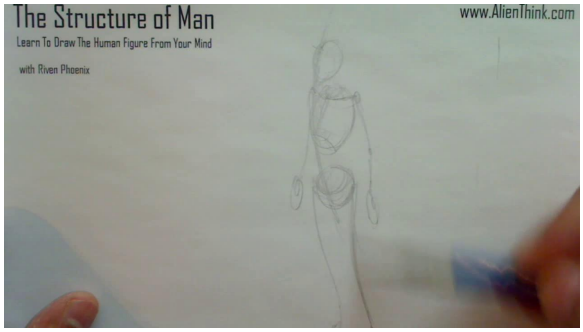
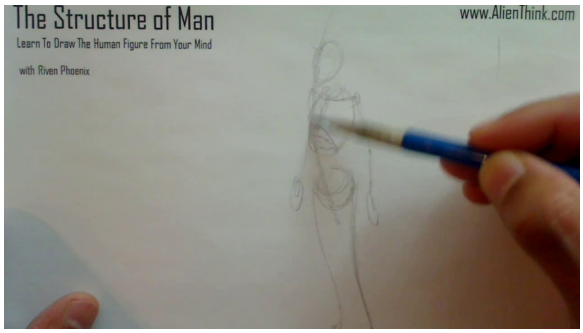
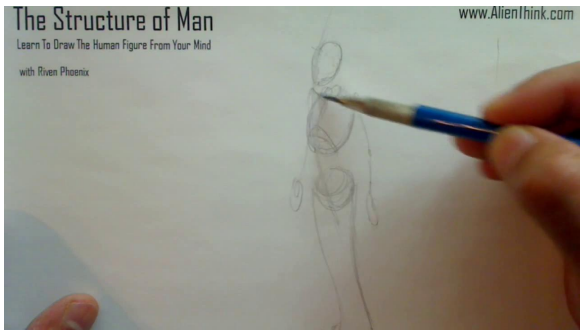
2026 Riven Phoenix and AlienThink.com

337		And then you can just draw out the chest cavity,
338		and you're done.
339		And basically, we can just draw out,
340		let's see, a hand over here,

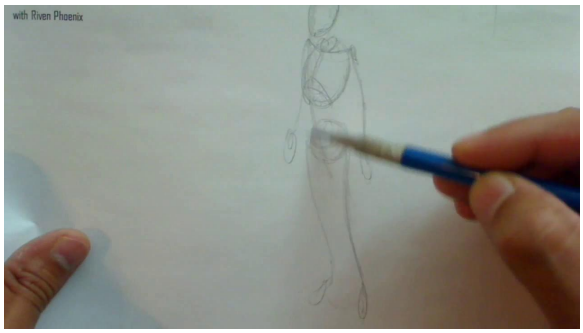
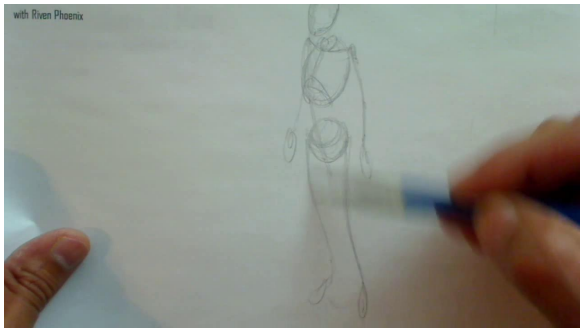
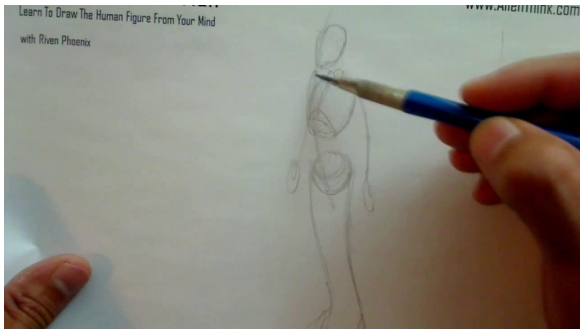
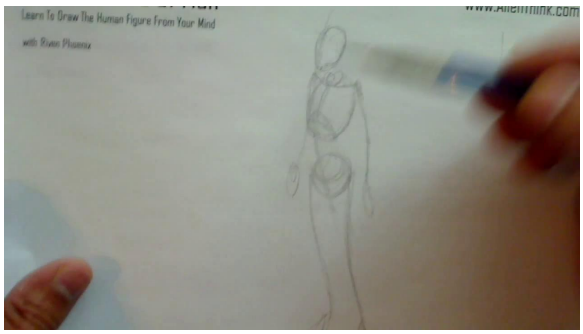
2026 Riven Phoenix and AlienThink.com

341		I'm just sketching it out, just showing you
342		how this can be understood,
343		and you can clean up your drawings as you move along.
344		And basically, that's it.

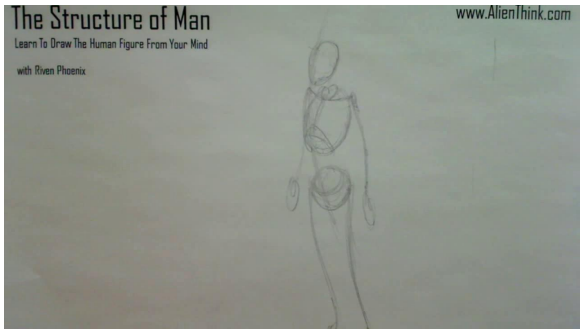
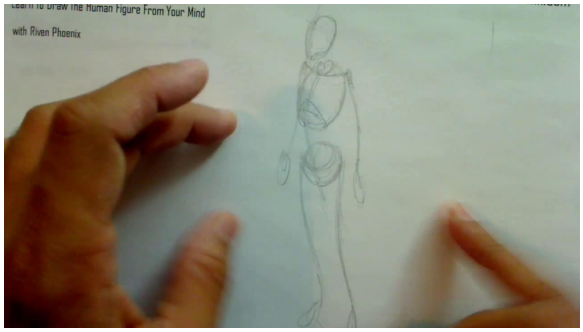
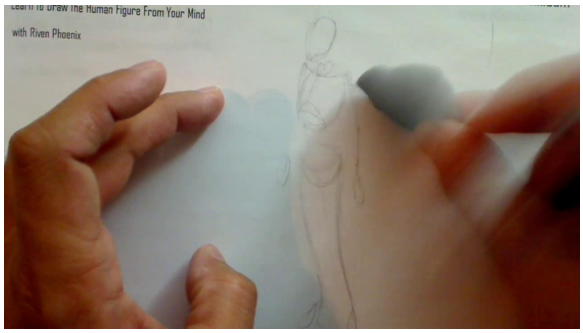
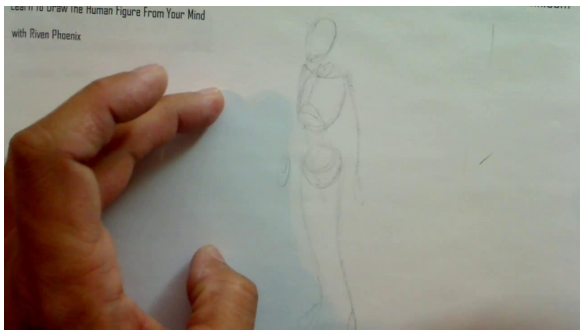
2026 Riven Phoenix and AlienThink.com

345		We can just now,
346		right, just roughing the ideas,
347		just like this.
348		Right? So we were able to sketch it out.

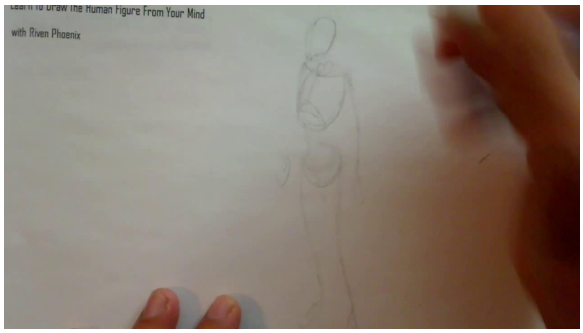
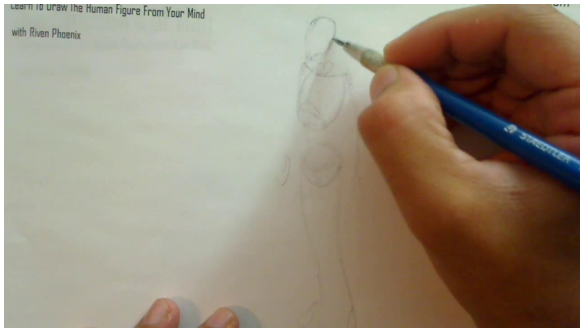
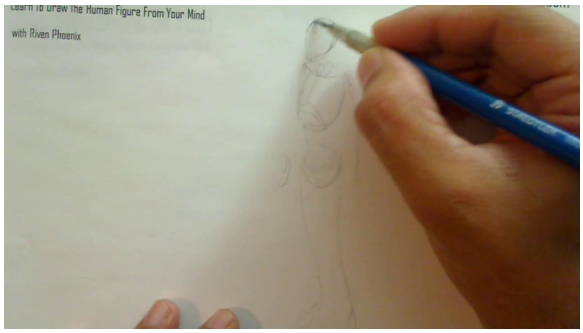
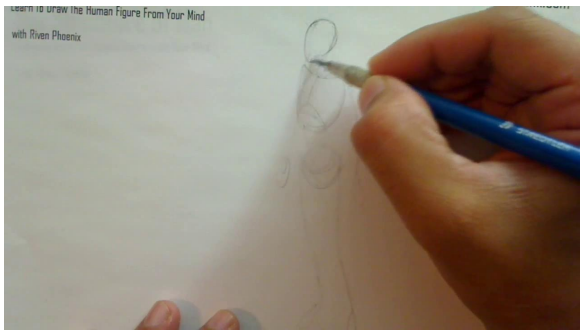
2026 Riven Phoenix and AlienThink.com

349		When we're sketching it out, we know exactly,
350		we're sketching it out.
351		So I'm showing you.
352		Right? So now if I wanted to clean this up,

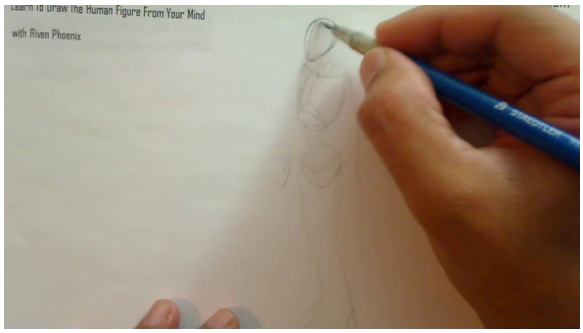
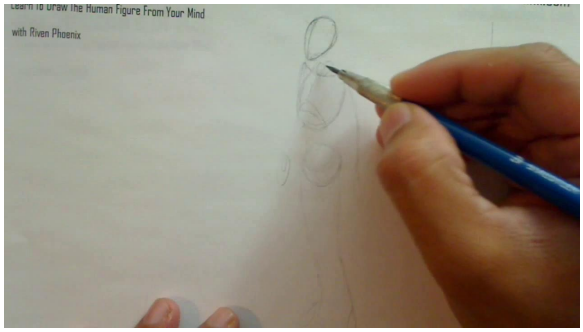
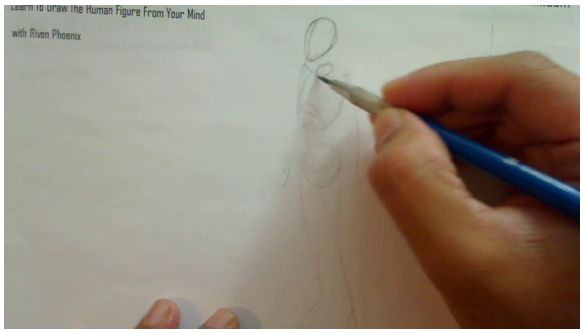
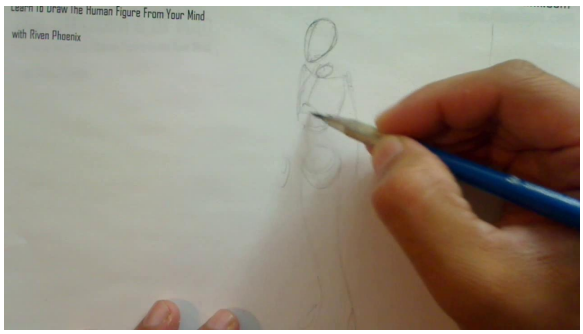
2026 Riven Phoenix and AlienThink.com

353		I can just go through my drawing process,
354		and now erase some of these lines here.
355		Right? These anomalies,
356		because this is really just the first model.

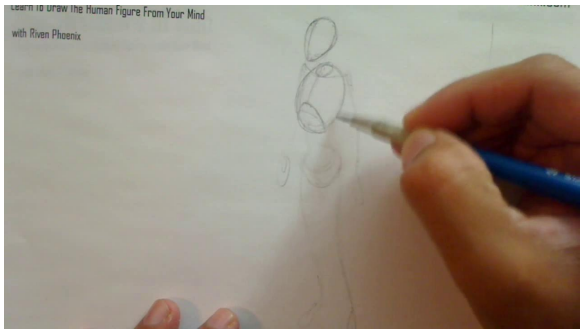
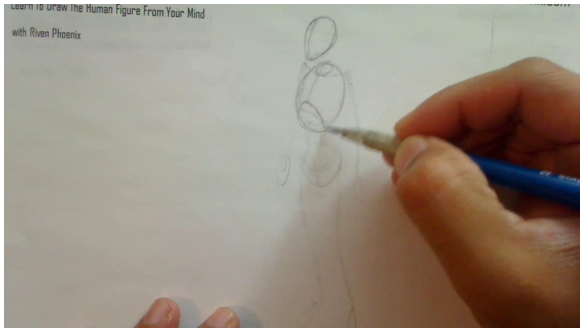
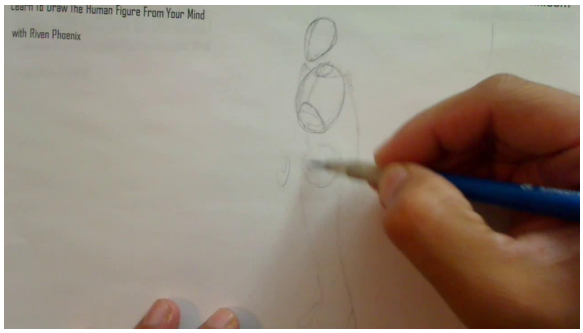
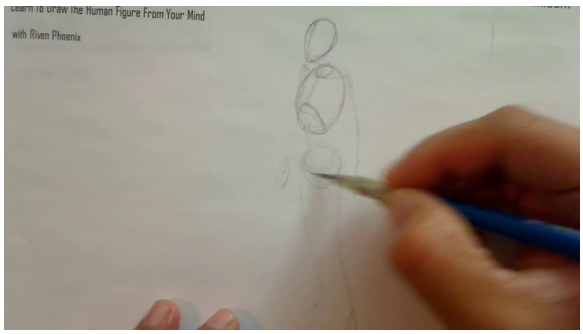
2026 Riven Phoenix and AlienThink.com

357		So now when I come in here,
358		I know that this is just going to be a circle over here,
359		like this.
360		Right? It's going to be like this.

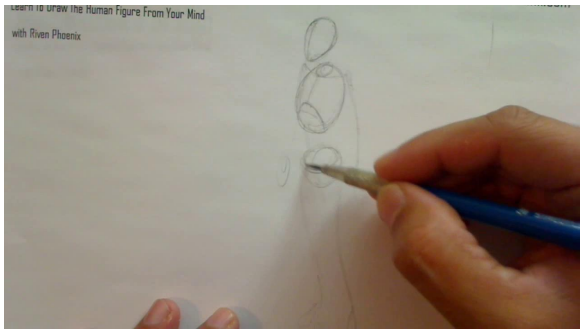
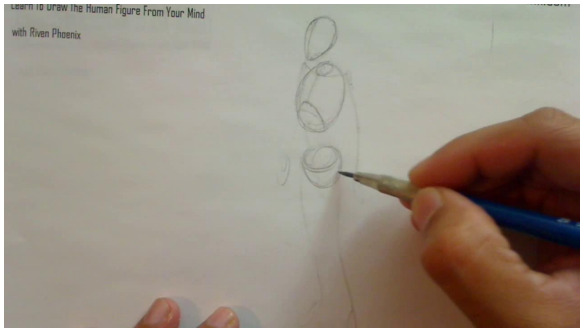
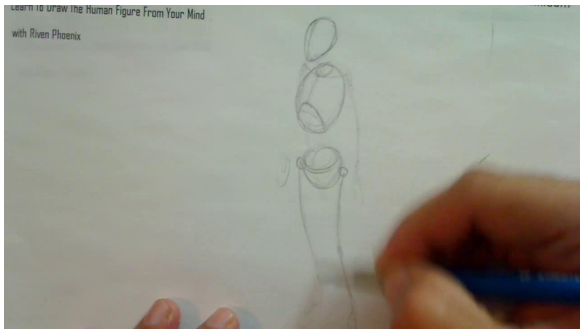
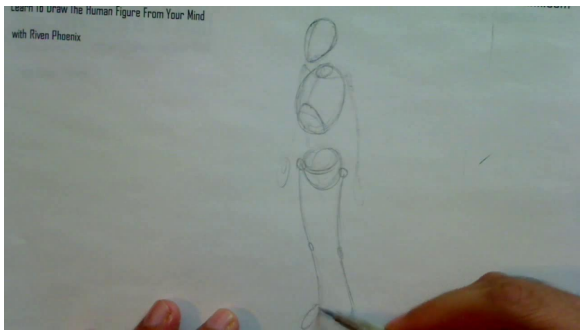
2026 Riven Phoenix and AlienThink.com

361		And this is the head, just like that.
362		It's going to be the opening of the head,
363		because I understand about the negative space over here.
364		And then over here, I'm just going to go like this,

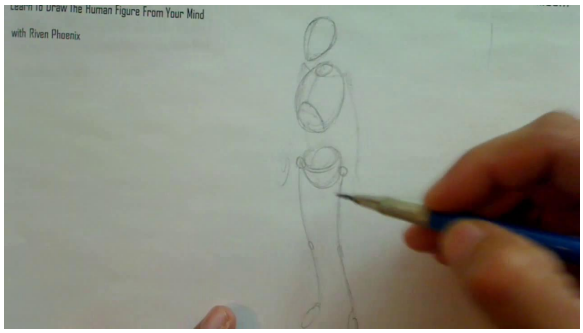
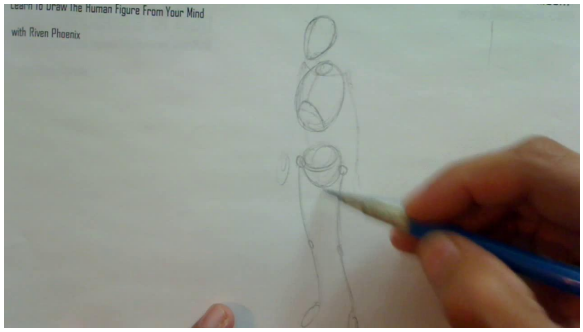
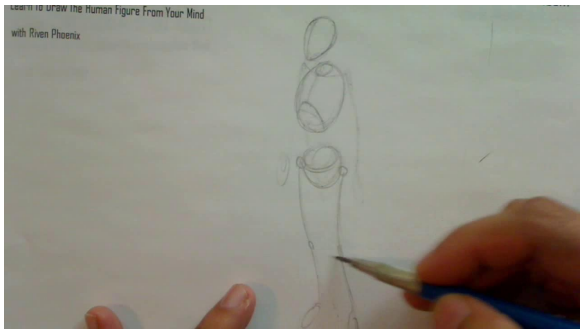
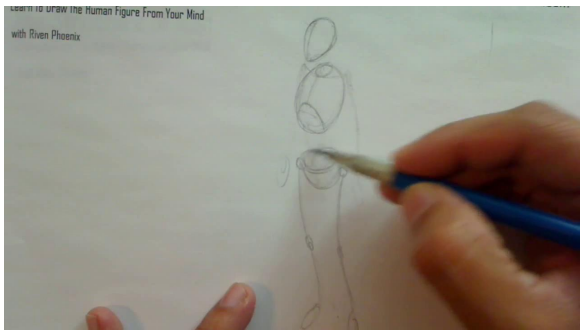
2026 Riven Phoenix and AlienThink.com

365		because right in the mind,
366		you know that in the back, what's going on,
367		you know, in the front, what's going on.
368		Right? And then you can just

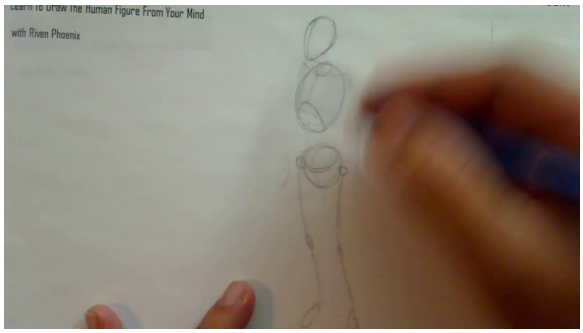
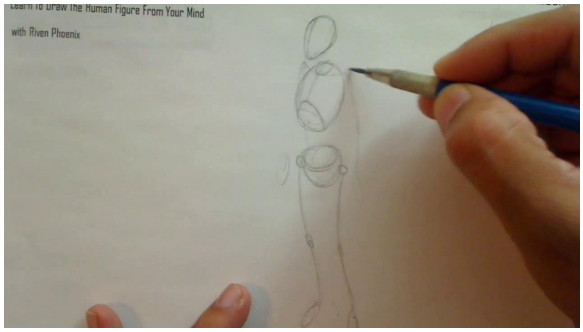
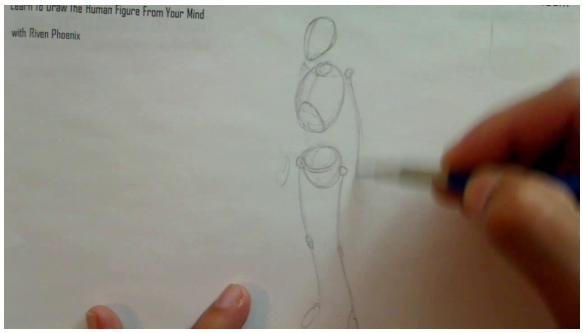
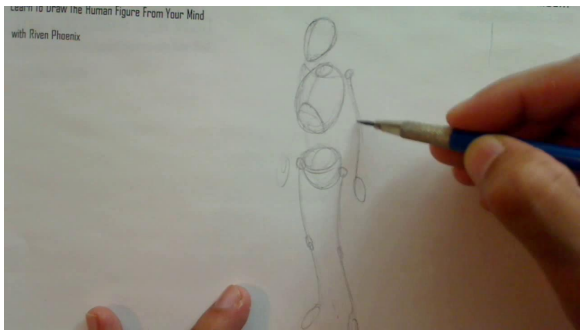
2026 Riven Phoenix and AlienThink.com

369		meet your drawing,
370		it's like this.
371		But notice that when we did this,
372		all we really had to do was look at the height of the figure.

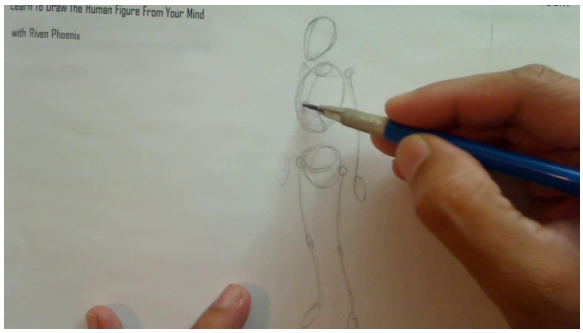
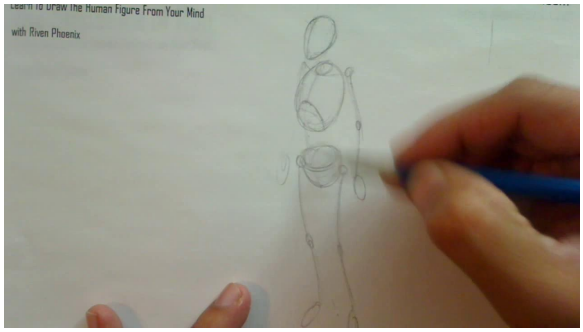
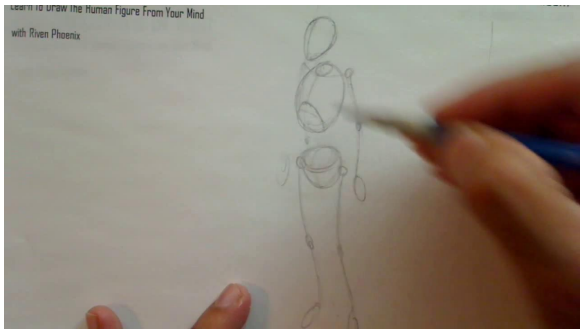
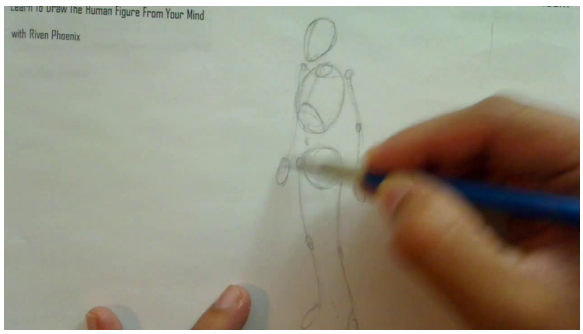
2026 Riven Phoenix and AlienThink.com

373		We know this is divided in half.
374		We know that from here to here in 3D,
375		the knees are going to be above this, obviously.
376		Right? And then when you remember,

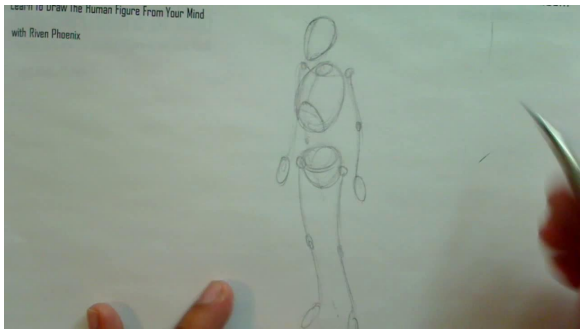
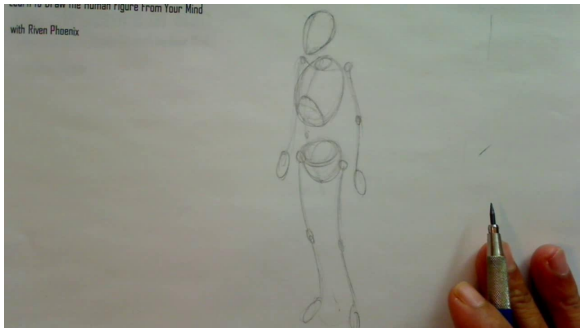
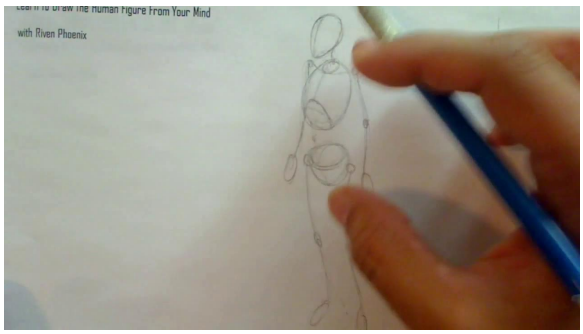
2026 Riven Phoenix and AlienThink.com

377		you're never attached to any of these lines.
378		You can just keep improving it,
379		and doing whatever you want with it.
380		And really here, I know that from here to here,

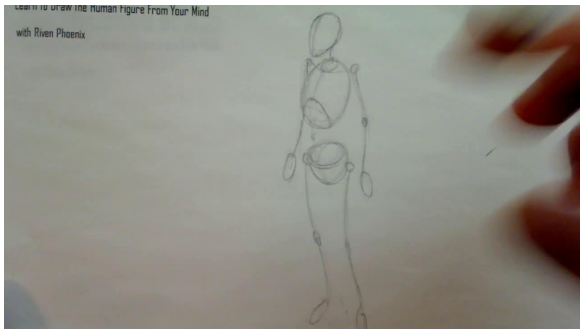
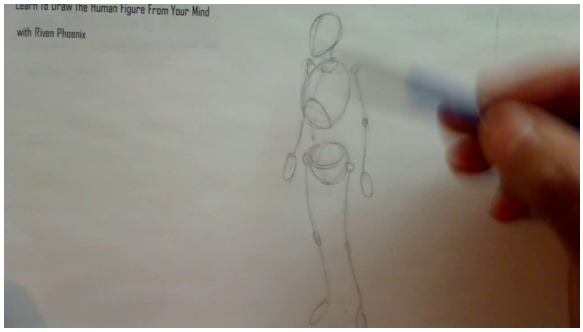
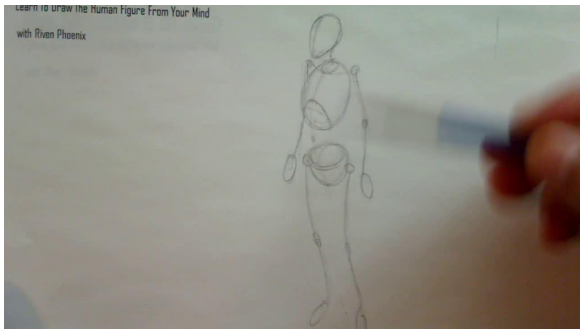
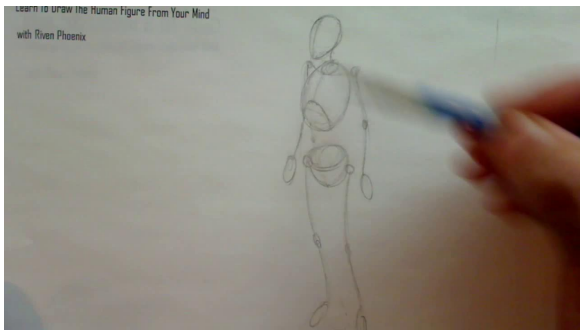
2026 Riven Phoenix and AlienThink.com

381		right from here to here,
382		I know that the navel is going to be here,
383		so I can just see that's exactly what that area is.
384		That over here, it's on the other side.

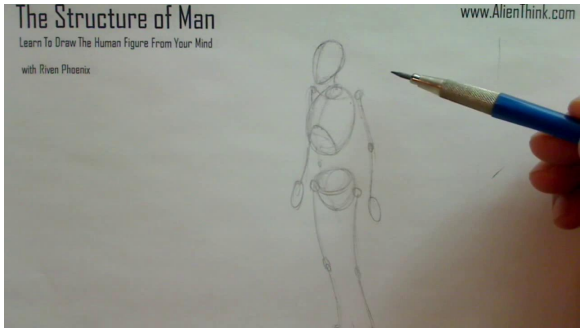
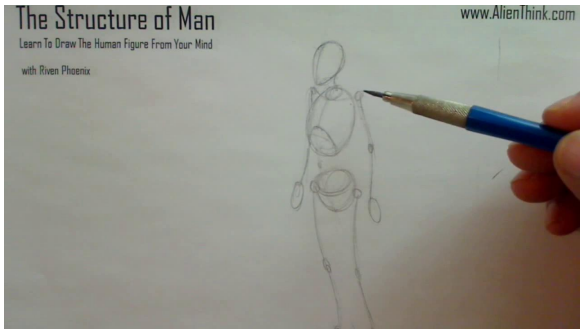
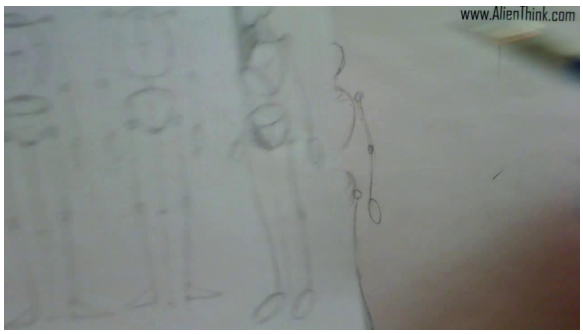
2026 Riven Phoenix and AlienThink.com

385		And that gives us a three-dimensional understanding of this.
386		Right? So this was like the discovery process that we went through.
387		Now we don't have to understand this in so much detail.
388		Remember when you come back,

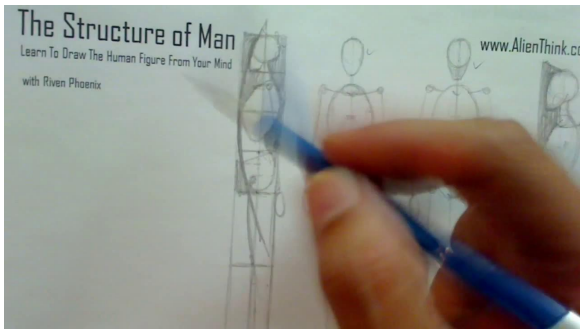
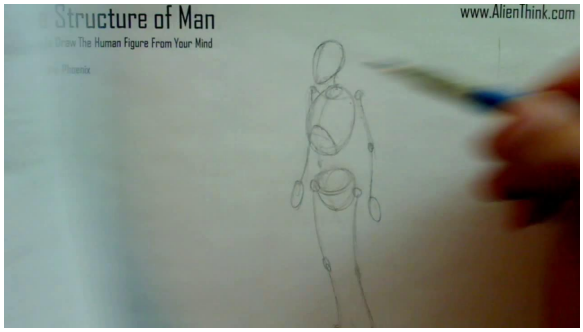
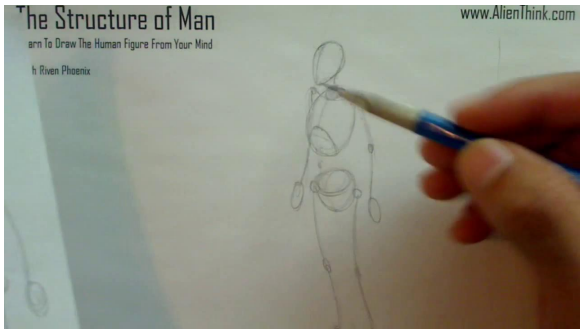
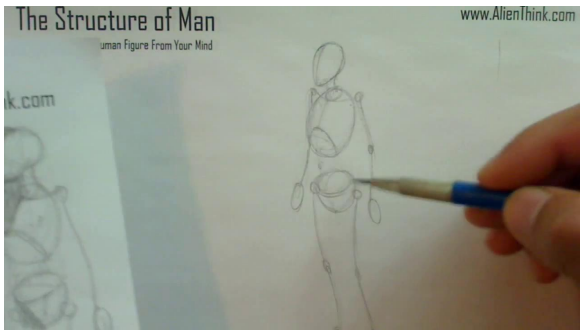
2026 Riven Phoenix and AlienThink.com

389		when you come back to do these drawings like this,
390		you will be able to draw them without any effort,
391		because you understand everything about it,
392		the whole puzzle structure.

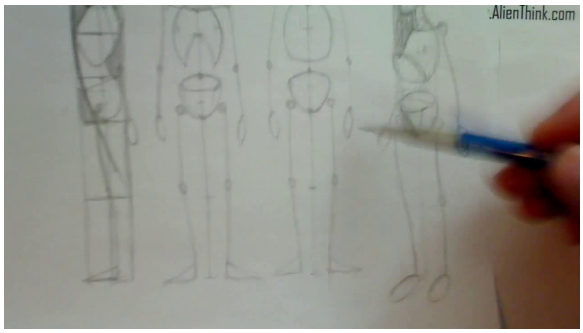
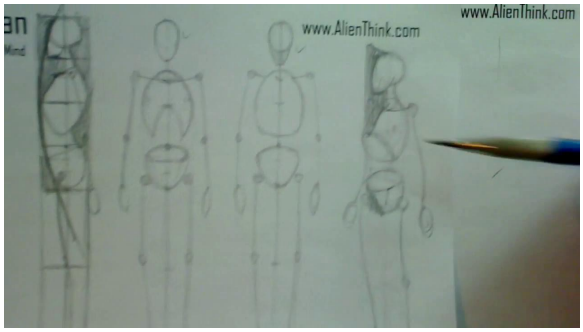
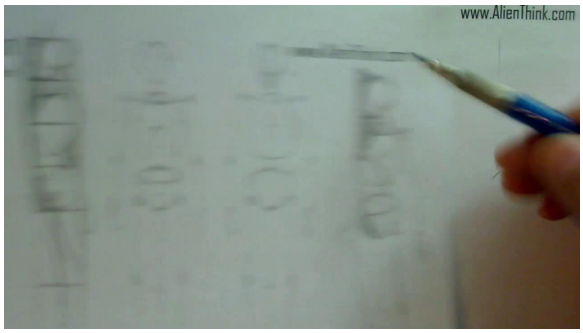
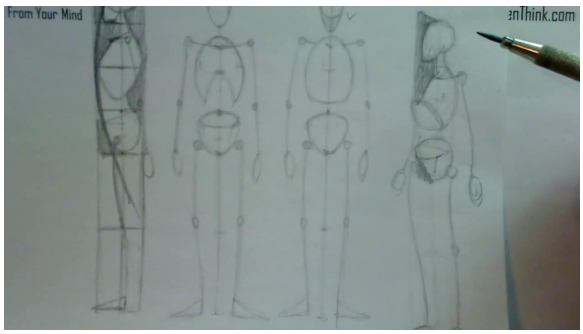
2026 Riven Phoenix and AlienThink.com

393		But again, the most important part of this,
394		when I'm showing you,
395		is that the process that we went through
396		to understand things using a concept of formulas.

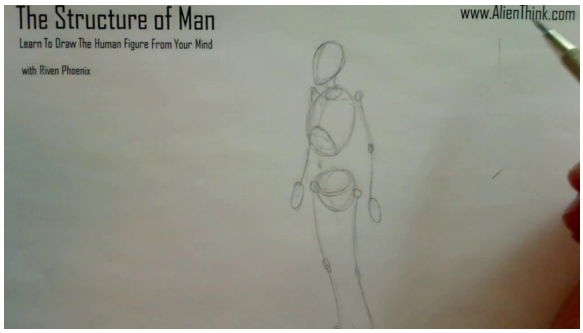
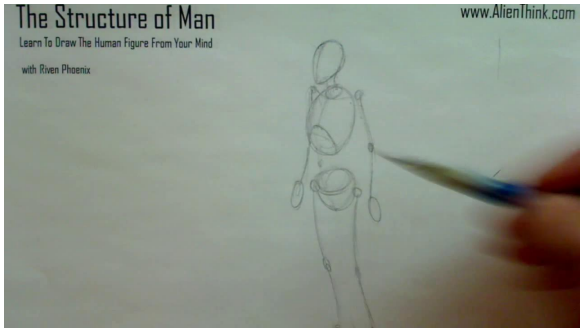
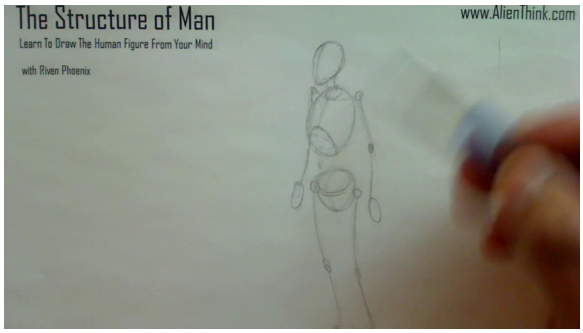
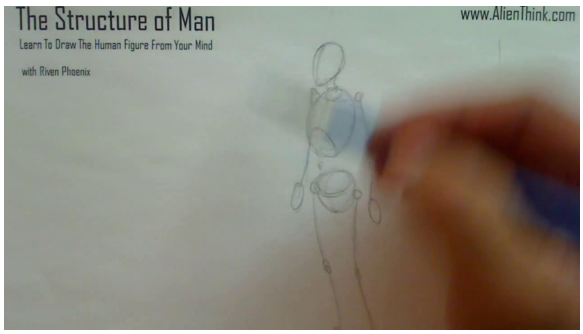
2026 Riven Phoenix and AlienThink.com

397		The only reason we use the formulas was to force the mind to see,
398		but then we left the formulas behind and just threw a free hand,
399		because it's all about understanding where these negative shapes are,
400		what causes all these angles?

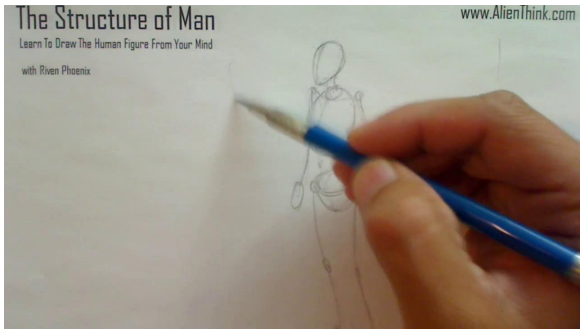
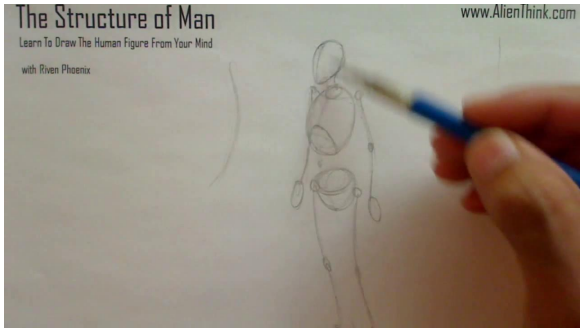
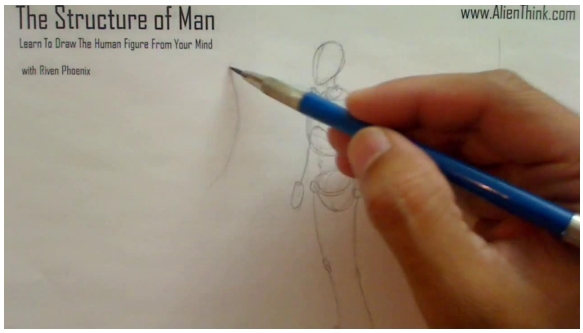
2026 Riven Phoenix and AlienThink.com

401		Right? Only in this idea here.
402		Obviously, when we draw out the actual figure in 3D form,
403		we would know even more.
404		Okay? So it's a process of thinking.

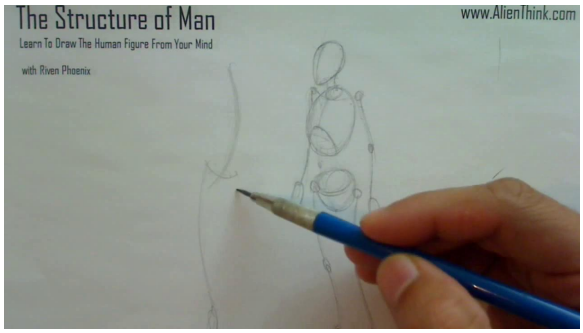
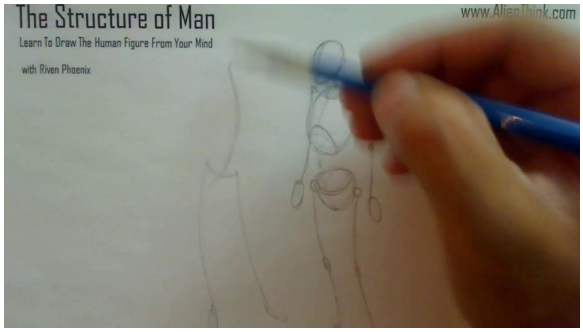
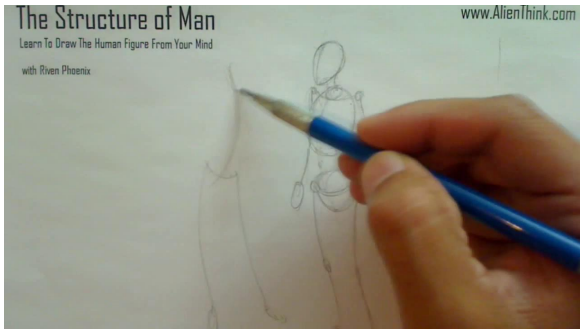
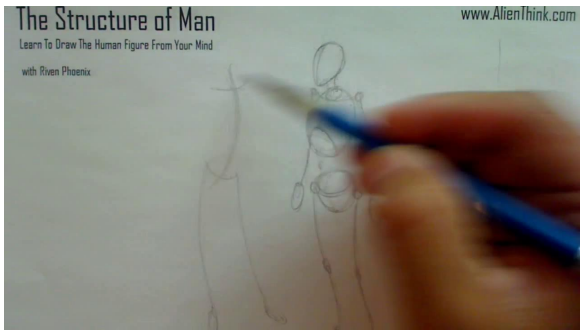
2026 Riven Phoenix and AlienThink.com

405		Right? So to finish this off,
406		this lesson got a little long,
407		but to finish this off,
408		let's say if we did another pose here,

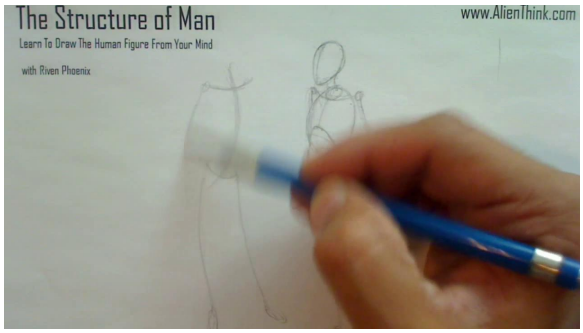
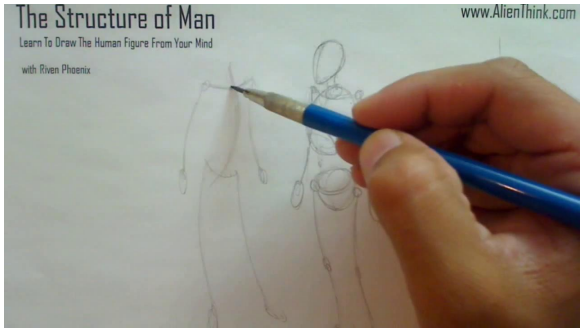
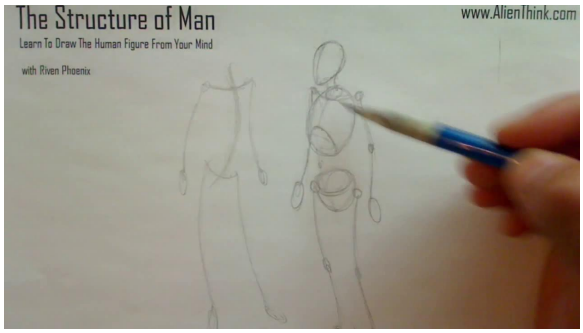
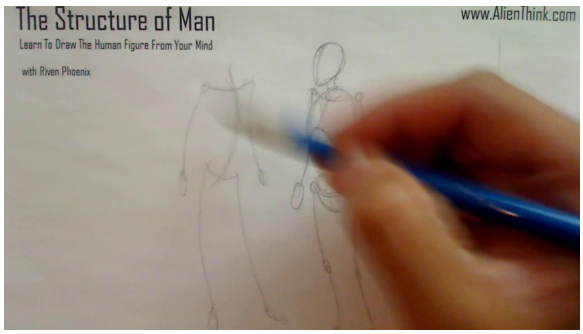
2026 Riven Phoenix and AlienThink.com

409		let's say if I draw a line like this,
410		just like I did here,
411		but I can now do anything I want.
412		And let's say if I do one leg like this,

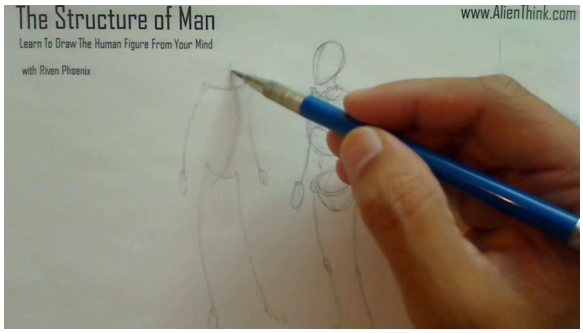
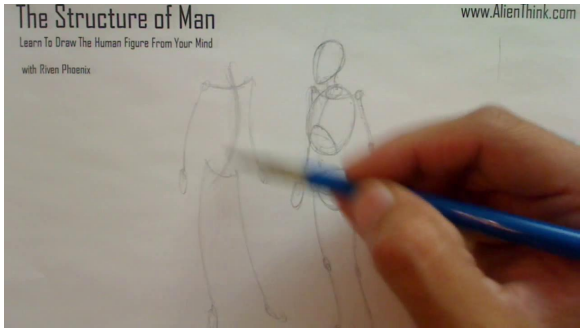
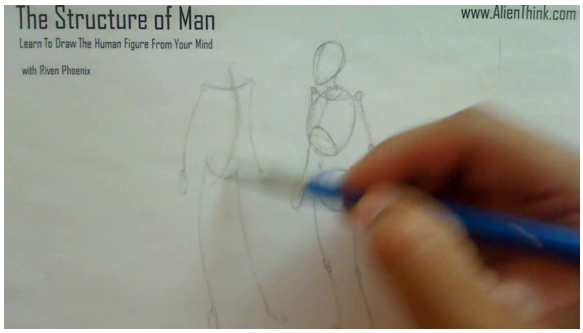
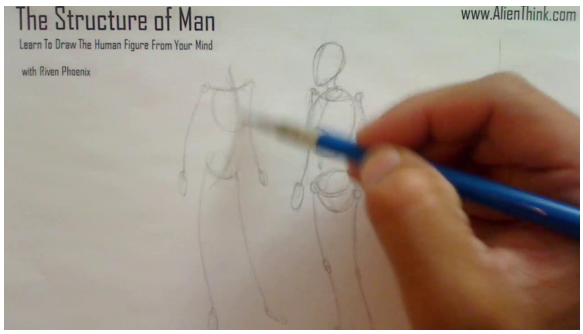
2026 Riven Phoenix and AlienThink.com

413		and maybe another leg like this, right?
414		And then here, for this here,
415		I can just use information from here
416		and train the mind to begin to understand

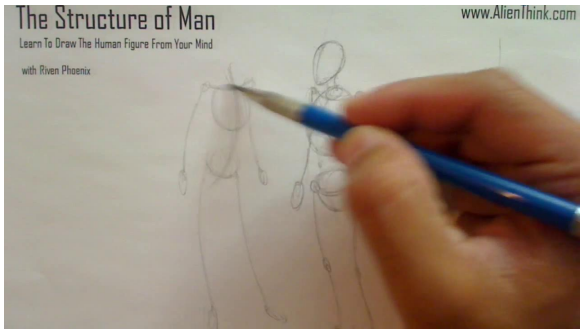
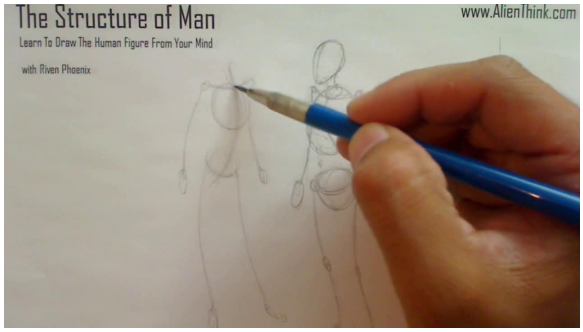
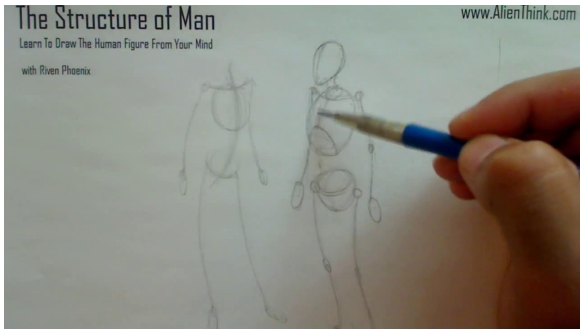
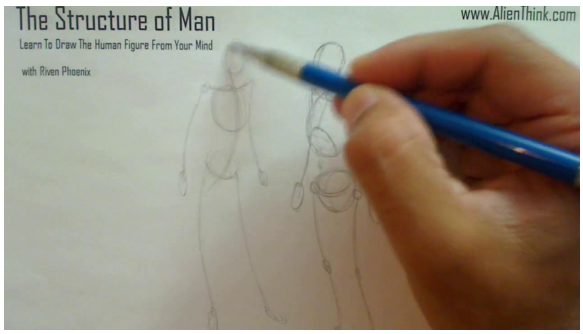
2026 Riven Phoenix and AlienThink.com

417		even more ways of drawing out the figure.
418		Right? Once I have this,
419		I already know that this is going to occur.
420		This line means absolutely nothing.

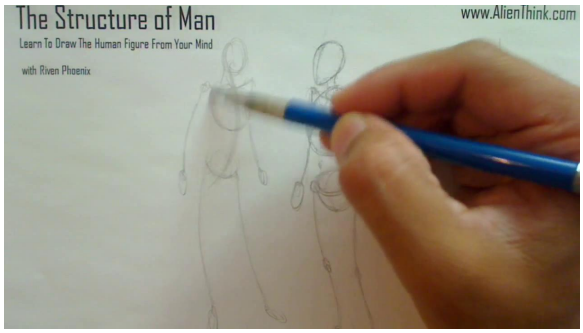
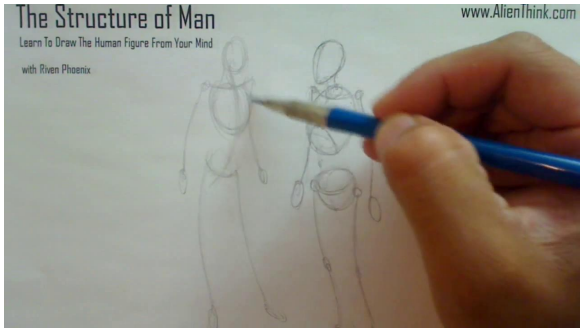
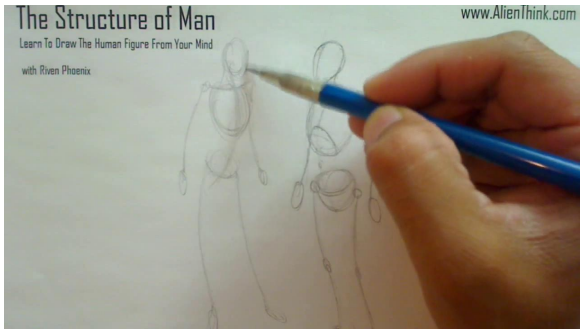
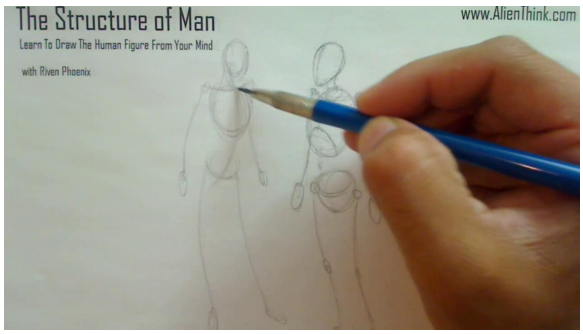
2026 Riven Phoenix and AlienThink.com

421		This is only to get the idea out.
422		So once you have the idea,
423		you can do really whatever you want
424		with the chance cavity,

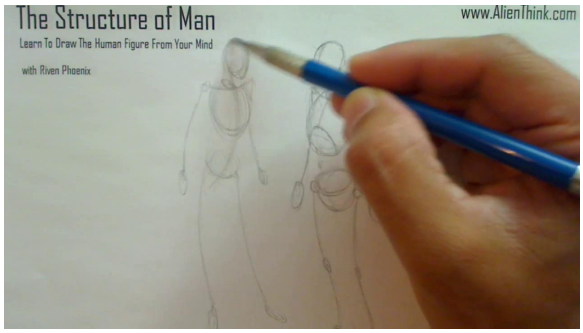
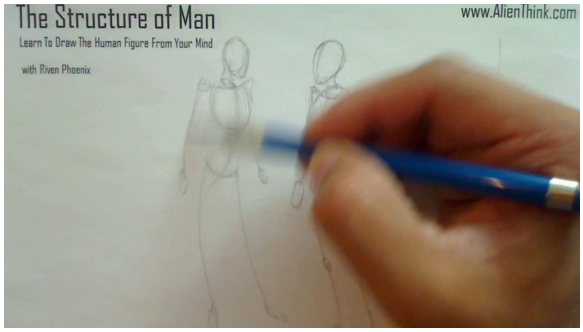
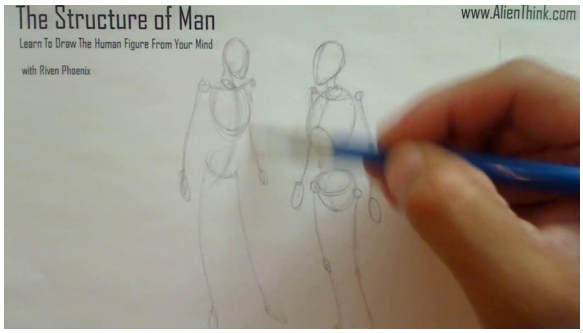
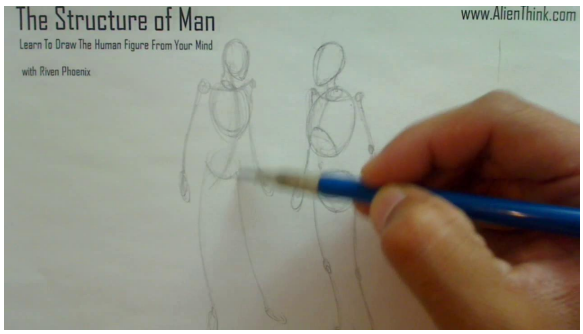
2026 Riven Phoenix and AlienThink.com

425		because you know where the space is.
426		Because of the negative space,
427		you just have to draw the head.
428		And that's it. Right?

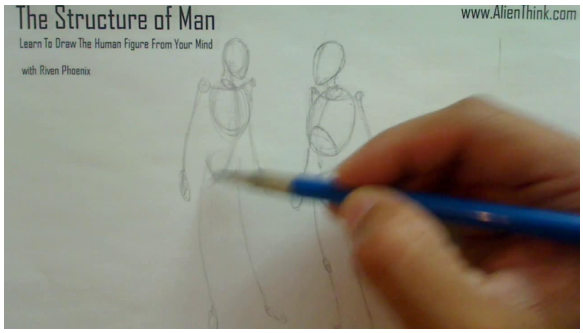
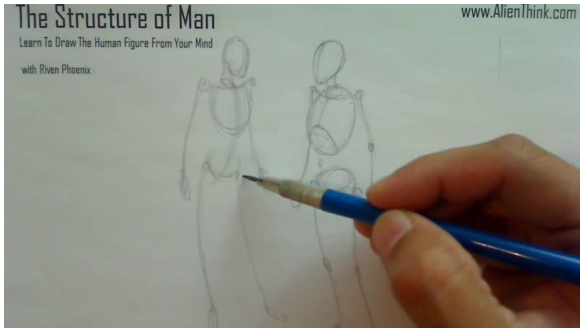
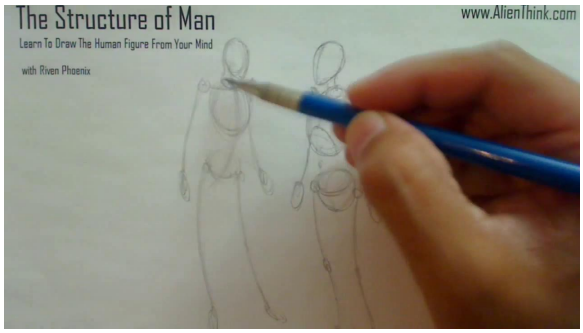
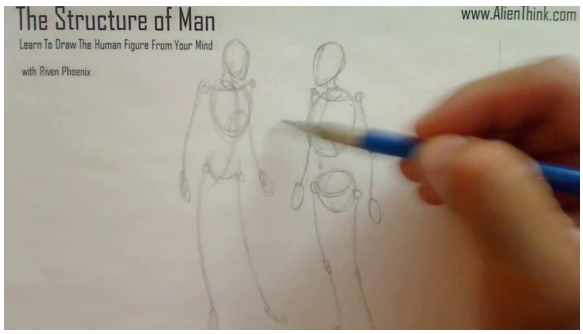
2026 Riven Phoenix and AlienThink.com

429		Just draw out the head.
430		Let's sketch it out.
431		Right? You know that the negative space
432		obviously has to exist in here.

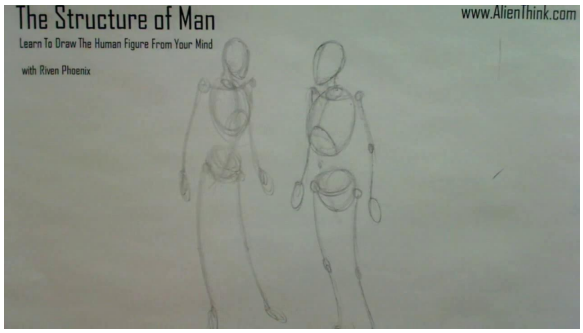
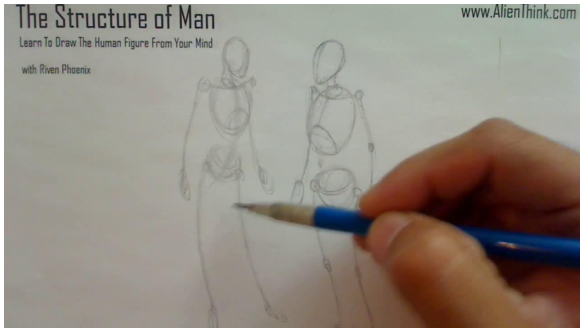
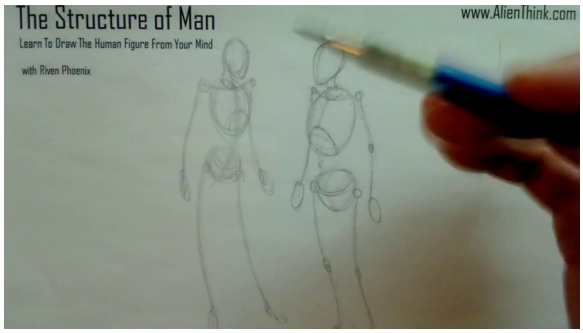
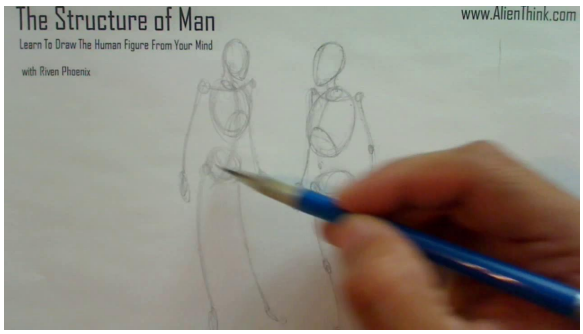
2026 Riven Phoenix and AlienThink.com

433		You can just draw a lot like this.
434		Right? So you notice that a lot of artists
435		would be drawing out figures in different ways,
436		and we'll look at them.

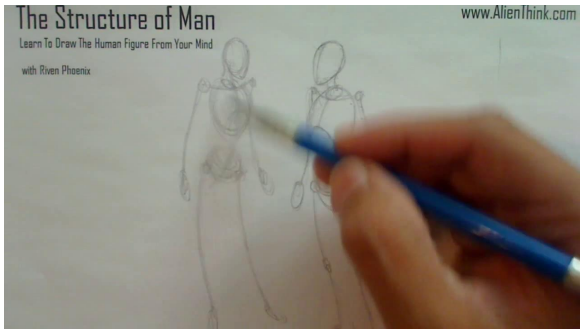
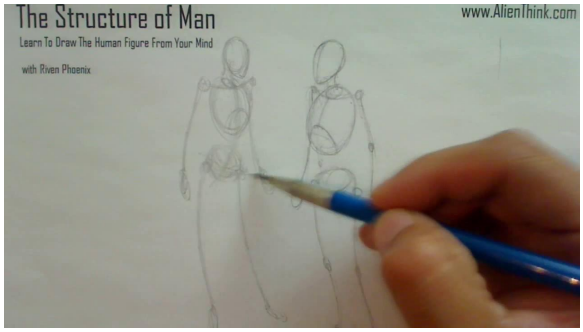
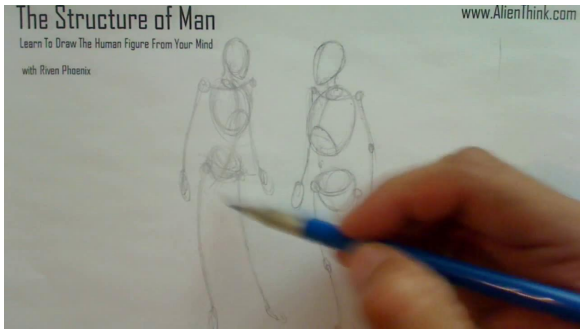
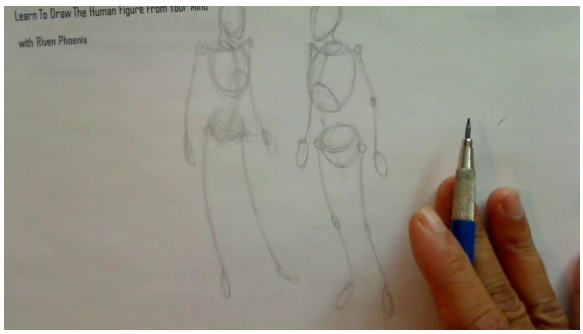
2026 Riven Phoenix and AlienThink.com

437		But this is probably the most basic way
438		of drawing out and sketching out poses.
439		So once you've understood how to really just do this,
440		my recommendation is that just try to do

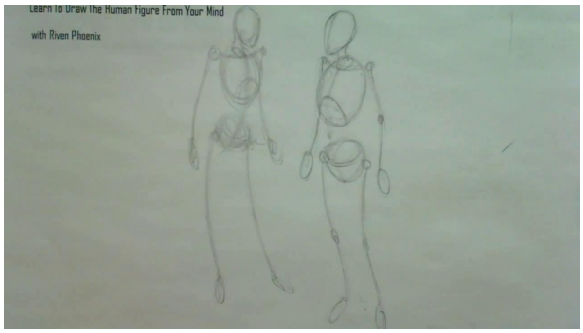
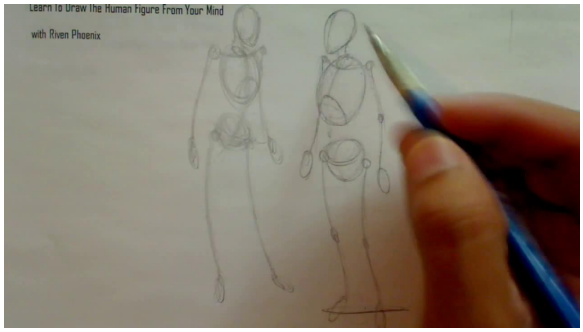
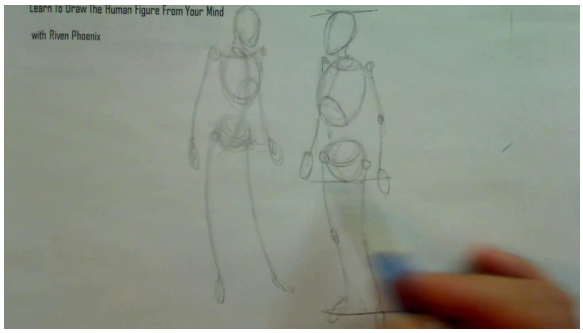
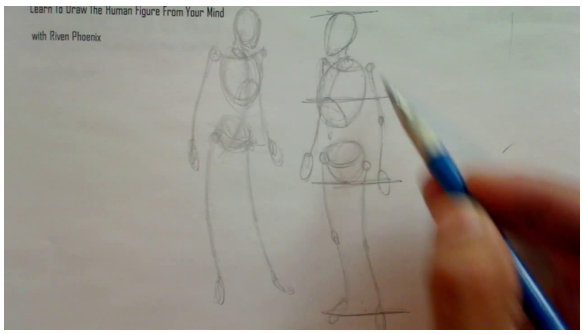
2026 Riven Phoenix and AlienThink.com

441		all different kinds of poses in this,
442		just understanding that it was this basic toolkit
443		that we went through, that we understand
444		how all the formulas work together.

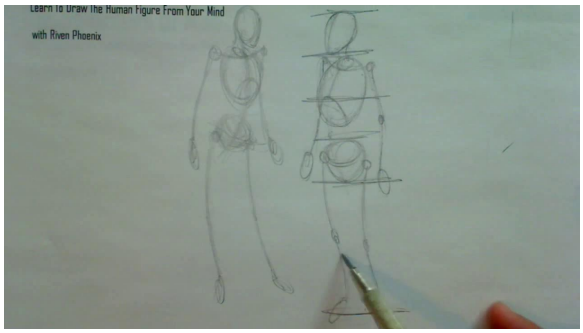
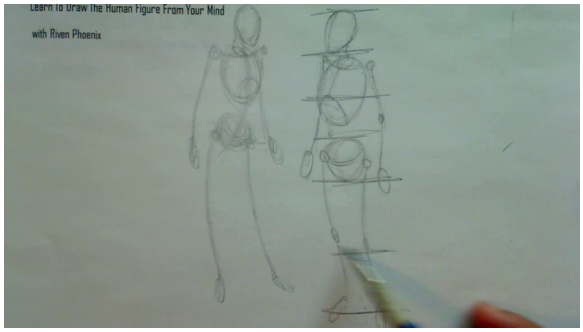
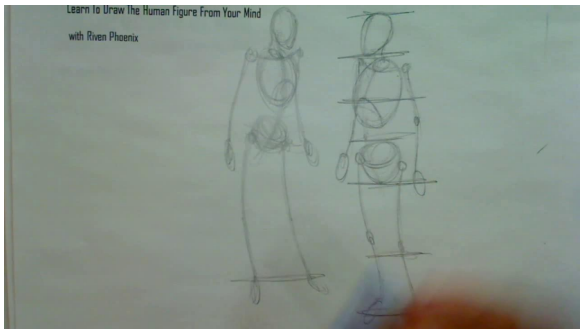
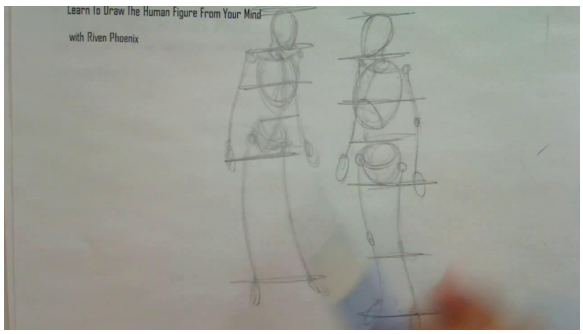
2026 Riven Phoenix and AlienThink.com

445		Right? We can do even the pelvis
446		in a different angle like this.
447		Right? And if I just to prove to you
448		that what I'm showing you is correct,

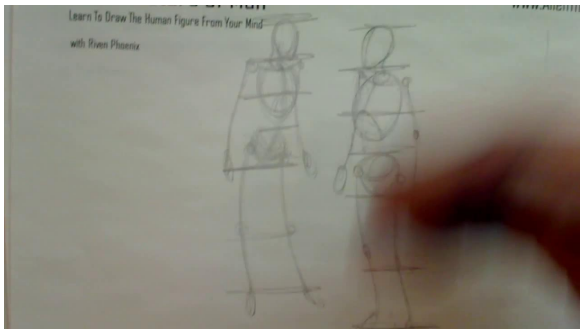
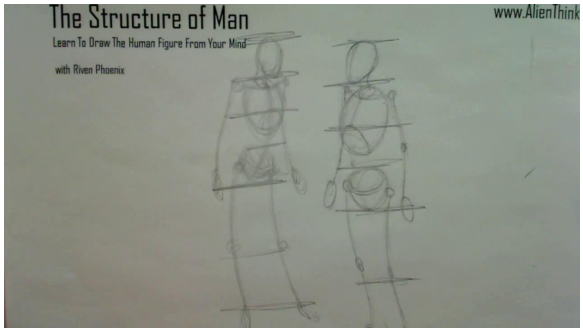
2026 Riven Phoenix and AlienThink.com

449		I'm just going to show you over here.
450		Now look at the proportions.
451		This is just half. Right?
452		It's the bottom, the chin, the navel.

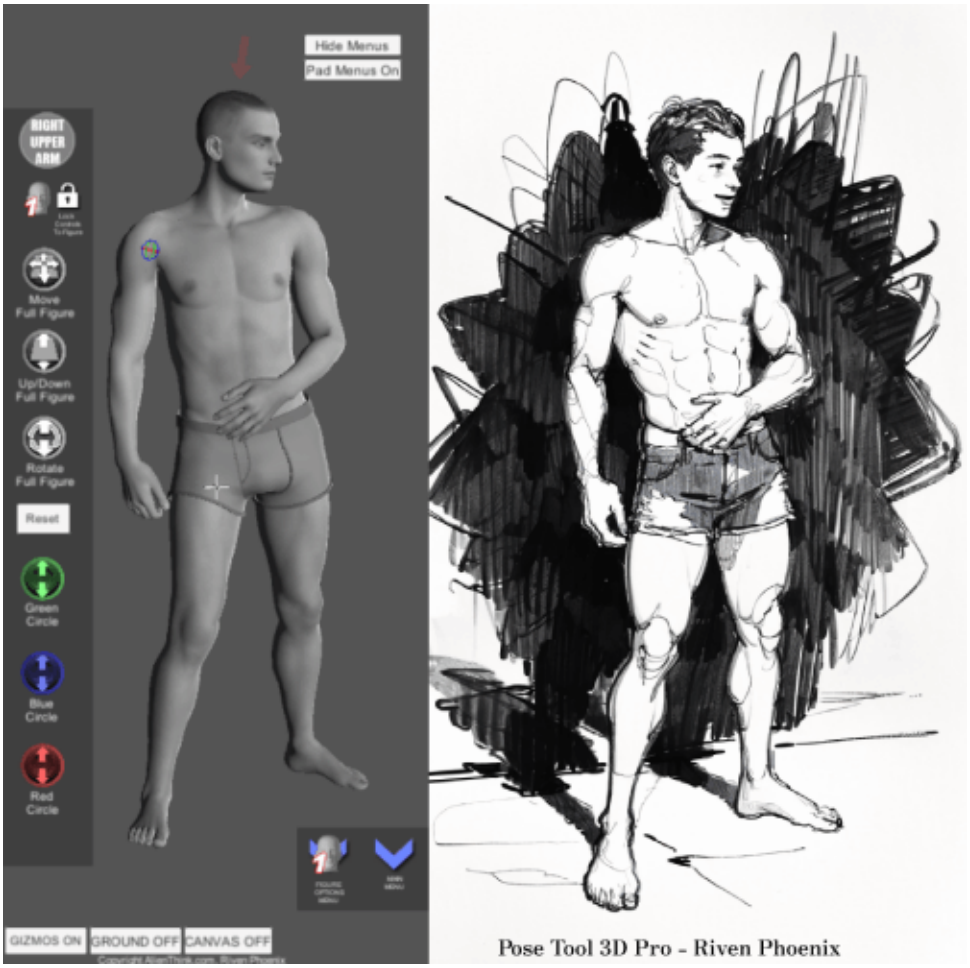
2026 Riven Phoenix and AlienThink.com

453		And this is where the above the,
454		the mini, obviously it's imperfect. Right?
455		Here, here, here, here, this, the navel.
456		And obviously the needs would be about this. Right?

2026 Riven Phoenix and AlienThink.com

457		It just becomes automatic.
458		So I'll see you in the next lesson. Thanks.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com